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CUPID'S BOOK

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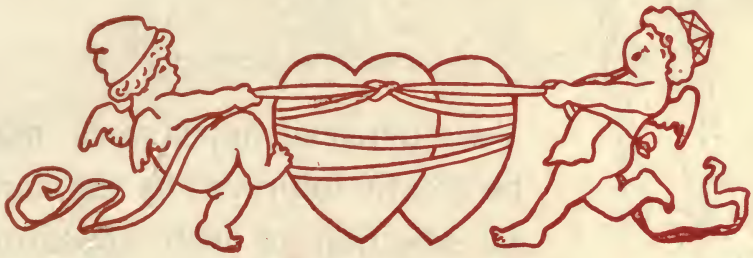
GOOD COUNSEL



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Groom .....

Place .....

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Witnesses .....

.....

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gives the soft pastel effects so desirable for any room. Easily cleaned with a dampened cloth. Obtainable in fifteen colors. Gallons to pints.

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April—Diamond: Innocence ..... Easter Lily
May—Emerald: Success in Love ..... Lily of the Valley
June—Pearl or Moonstone: Purity ..... Daisy
July—Ruby: Nobility of Mind ..... Rose
August—Sardonyx or Peridot: Conjugal Felicity ..... Pond Lily
September—Sapphire: Chastity ..... Poppy
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November—Topaz: Fidelity ..... Chrysanthemum
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Third Year	Leather
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Seventh Year	Woolen
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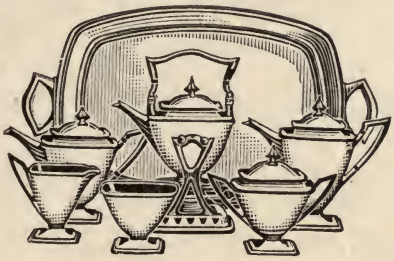
Fifteenth Year	Crystal
Twentieth Year	China
Twenty-fifth Year	Silver
Thirtieth Year	Pearl
Fortieth Year	Ruby
Fiftieth Year	Golden
Seventy-fifth Year	Diamond



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July—Ruby: Nobility of Mind	Rose
August—Sardonyx or Peridot: Conjugal Felicity	Pond Lily
September—Sapphire: Chastity	Poppy
October—Opal or Tourmaline: Hope	Cosmos
November—Topaz: Fidelity	Chrysanthemum
December—Turquoise or Lapis Lazuli: Success and Happiness	Holly

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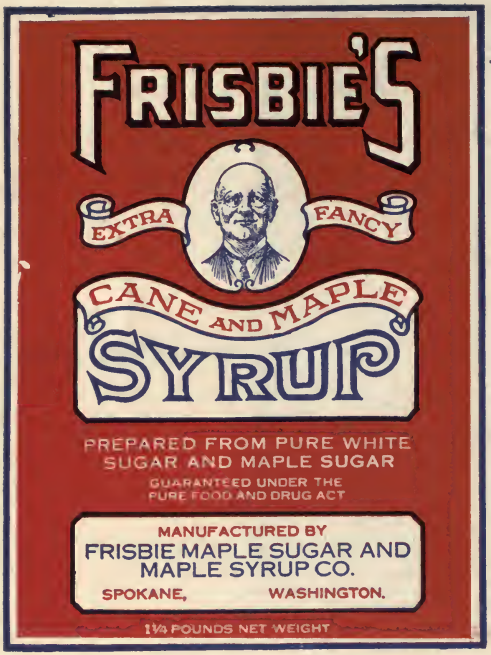

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Special Recipes on Page 73. Try them

Bread MUFFINS WAFFLES FRITTERS Biscuits

SOUTHERN METHOD

Warm Flour In Oven
1 Cup Milk, Scalded
1 Cup Potato Water
1 Medium Potato, Mashed
½ Cake Fleischmann's Yeast in ¼ Cup Lukewarm Water
½ Teaspoon Salt
½ Teaspoon Sugar
½ Teaspoon Lard

Add flour until mixture has appearance of cake batter; beat with wooden spoon until very light; let stand; add flour and knead until smooth; brush butter over top of dough, cover and let raise 20 minutes; put in very hot oven for 10 minutes, then bake in slow oven 45 minutes.

WHITE BREAD
Quick Method

1 Quart Flour, Sifted
1 Cup Milk
1 Cake Fleischmann's Yeast
½ Teaspoon Salt
2 Tablespoons Sugar
1 Tablespoon Melted Butter

Dissolve yeast by breaking into a cup and adding a teaspoon sugar; mix and let stand 3 minutes; sift flour in a bowl, make well in center and add water, salt, sugar, butter and yeast; mix and knead well; put in a warm place to raise 1½ hours or until light; turn out on moulding board, knead lightly, shape into loaves, put in well-buttered pans, let raise 45 minutes; bake 45 minutes.

WHOLE WHEAT BREAD

1 Pint Milk
1 Teaspoon Salt
1 Pint Water
½ Cup Sugar
1 Cake Fleischmann's Yeast
Whole Wheat Flour

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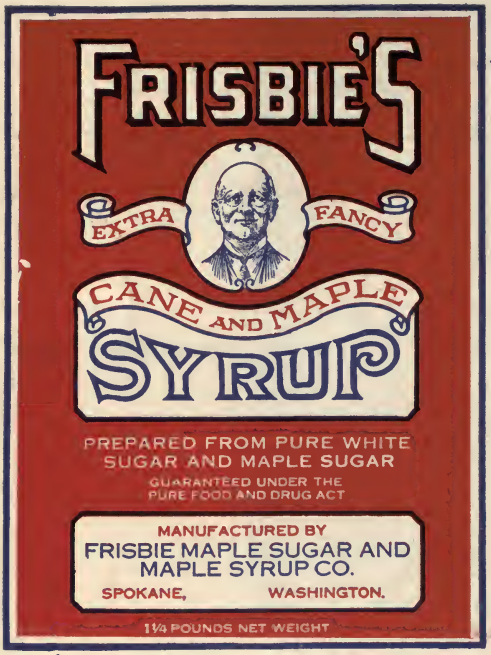
peel; make into two loaves, working very little; let it rise very light and bake 45 minutes.



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111 So. Madison St.

Spokane, Wash.

Special Recipes on Page 73. Try them

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2 Tablespoons Sugar
1 Tablespoon Melted Butter

Dissolve yeast by breaking into a cup and adding a teaspoon sugar; mix and let stand 3 minutes; sift flour in a bowl, make well in center and add water, salt, sugar, butter and yeast; mix and knead well; put in a warm place to raise 1½ hours or until light; turn out on moulding board, knead lightly, shape into loaves, put in well-buttered pans, let raise 45 minutes; bake 45 minutes.

WHOLE WHEAT BREAD

1 Pint Milk
1 Teaspoon Salt
1 Pint Water
½ Cup Sugar
1 Cake Fleischmann's Yeast
Whole Wheat Flour

Scald milk and add water; when lukewarm add salt, sugar, yeast (dissolved in 2 tablespoons water) and sufficient whole wheat flour to make a batter that will drop from the spoon; beat continually for 5 minutes; cover and let stand in a warm place for 3 hours, then add sufficient whole wheat flour to make a dough; knead at once into loaves; put in small greased pans, cover and stand in warm place for an hour; bake in a moderately quick oven over 45 minutes.

GRAHAM BREAD

1 Quart Graham Flour
1 Cup Potato Water
1 Cake Fleischmann's Yeast
½ Tablespoon Salt
½ Cup Sugar or Molasses
1 Tablespoon Melted Lard

Dissolve yeast cake in lukewarm water; mix all ingredients into as stiff a dough as can be stirred with a spoon, adding lukewarm water to make it the proper consistency; let it stand over night; in the morning stir it down with a spoon thoroughly; have bread tins greased; fill each one about ½ full and let rise to the top of the pans; bake in moderate oven over 1 hour for good-sized loaves.

RAISIN BREAD

1 Quart Flour
1 Cup Milk
3 Tablespoons Sugar
1 Cake Fleischmann's Yeast
1 Teaspoon Salt
1 or 2 Eggs
1 Cup Raisins
1 Cup Currants
½ Tablespoon each Butter or Lard
Nutmeg, Caraway or Lemon Peel

Dissolve butter and lard in cup of hot milk, then add cup of either cold water or milk to make it lukewarm; sift the flour with the salt and sugar; make a hole in center of flour and stir in cake of yeast, which has been dissolved in a little lukewarm water; add part of milk, stirring in flour; then break in 1 or 2 eggs and balance of milk; beat up the dough lightly, which must be a stiff batter; let it raise all night in a warm place and well covered; in the morning add raisins and currants, 2 tablespoons of sugar and either nutmeg, caraway seed or lemon peel; make into two loaves, working very little; let it rise very light and bake 45 minutes.

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When Shall I Paint?

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Cor. Post St. and Trent Ave., Spokane, Wash

NUT BREAD

4 Cups Flour
1 Cup Sguar
1 Cup Milk
1 Egg
1 Cup Chopped Nuts
1 Cup Chopped Raisins
2 Teaspoons Baking Powder
½ Teaspoon Salt

Beat eggs and sugar and stir in the milk; sift flour, salt and baking powder and pour into milk mixture, adding nuts and raisins; form into loaves when kneaded smooth; put in deep, well-greased pans, let raise 20 minutes in a warm place and bake 40 to 50 minutes. Either the nuts or raisins may be omitted.

SOUTHERN CORN BREAD

Cornmeal, White or Yellow
2 Eggs, Salt
1 Quart Silk, Sour
2 Tablespoons Melted Butter or Lard
1½ Teaspoons Soda
2 Tablespoons Molasses

Beat eggs, molasses and butter together thoroughly; dissolve soda in the sour milk and stir in enough meal to make a light batter; pour in pan about 1½ inches thick and bake in moderate oven for about ½ hour.

CORN BREAD

Quick Method

1 Cup Fine Cornmeal
2 Eggs
1½ Cups Milk
1 Teaspoon Sugar
2 Tablespoons Lard
1½ Teaspoons Salt
1 Heaping Teaspoon Baking Powder

Beat eggs thoroughly, add to balance and bake.

POP-OVER ROLLS

2 Cups Flour
1 Cup Milk
3 Eggs
Pinch, Salt and Baking Powder

Put the eggs, salt and flour into a bowl; mix in the milk and pour into deep moulds, which are fully 2 inches deep; fill half full and bake in a hot oven 25 minutes.

OLD-FASHIONED GINGER BREAD

4 Cups Flour
1 Cup Sugar
1 Cup Milk
¾ Cup Molasses
¾ Cup Melted Butter
1 Teaspoon Each of Ginger, Cinnamon and Soda
2 Eggs

Mix dry ingredients; add molasses, milk, eggs and melted butter; beat smooth and bake in a sheet for about 1 hour.

GENUINE PARKER HOUSE ROLLS

6 Cups Flour
3 Tablespoons Butter
2 Cups Milk
2 Egg Whites
1 Cake Fleischmann's Yeast
1 Teaspoon Salt
1 Tablespoon Sugar
½ Cup Lukewarm Water

Scald milk, add sugar, salt and butter; let it stand until lukewarm, then add 3 cups flour; beat for 5 minutes; add the dissolved yeast cake and let stand until very light and frothy; then add remaining flour; let it raise again until it is twice its original bulk; place on your moulding board, knead lightly and roll into a sheet ½ inch thick; take a large biscuit cutter and cut the dough into rounds; brush with melted butter, fold over and press the edges together; place in a buttered pan 1 inch apart; let them raise until very light; bake in hot oven 15 minutes.

CREAM BISCUITS—BAKING POWDER

1 Pint Flour
3 Tablespoons Baking Powder
1 Teaspoon Salt
Cream

Sift together flour, salt and baking powder; moisten with cream as soft as can be handled; roll out on well-floured board; cut in small biscuits and place in a pan, brushing over with melted butter or cream before baking; have oven very hot and bake 10 or 15 minutes, according to size. For milk biscuits use 2 tablespoons shortening.

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MUFFINS

2 Cups Flour
1 Egg
1 Cup Milk
2½ Tablespoons Baking Powder
1 Tablespoon Each of Sugar and Melted Butter
¼ Teaspoon Salt

Mix and sift dry ingredients; mix beaten egg and milk, add to flour; add melted butter and beat to a smooth batter; bake in buttered gem pans in moderate oven.

KENTUCKY WAFFLES

2 Pints Flour
3 Eggs
1 Cup Milk
1 Pint Sour Cream
2 Tablespoons Lard
1 Teaspoon Soda

Beat eggs, yolks and white separately; add to yolks sifted flour and sour cream; stir well and make batter thin with milk; add melted lard, soda dissolved in a little cold milk and lastly whites of eggs; bake quickly in hot irons.

DANDY GRIDDLE CAKES

1 Pint Flour
1 Cup Milk
3 Teaspoons Baking Powder
½ Teaspoon Sugar
½ Teaspoon Salt

These are the best plain hot griddle cakes without eggs and are light, tender and healthful. Sift well together and add milk to make into a soft batter; bake immediately on hot griddle. Should be ⅛ inch thick when baked. Smother with butter and maple syrup or honey.

GRIDDLE CAKES WITH EGGS

2 Cups Flour
1 Cup Milk
½ Teaspoon Salt
2 Teaspoons Baking Powder

Mix well together, add eggs and sufficient milk to make a thin drop batter; bake at once on a hot, well-greased griddle; make them thin.

CINNAMON BUNS

Flour
¼ Lb. Butter
1 Cup Milk
1 Cup Water
2 Tablespoons Sugar
1 Cake Fleischmann's Yeast
2 Eggs
Currants

Scald milk, add butter, sugar and yeast cake (dissolved), egg well beaten, and sufficient flour to make a soft dough; knead lightly; put aside in a warm place; when very light, roll into a sheet, spread with butter and dust with sugar and sprinkle with currants; cut into buns; stand them in a greased pan and when very light bake in a moderate oven 45 minutes.

QUICK COFFEE CAKE

1 Pint Flour
1/3 Cup Sugar
½ Cup Milk
1 Egg
3 Teaspoons Baking Powder
3 Tablespoons Melted Lard
½ Teaspoon Salt
½ Teaspoon Cinnamon

Sift together twice, the flour, salt, baking powder and cinnamon; mix to a soft dough with milk stirred into a well-beaten egg; add melted lard; spread in a shallow pan, sprinkle with sugar mixed with cinnamon and bake in a moderate oven.

FRITTER BATTER

2 Cups Flour
1 Cup Milk
½ Teaspoon Salt
1 Egg

(For frying fish, vegetables or fruits)

Mix the above to a smooth batter and coat the article for frying; if for fruit, add a little sugar.

BREAD GRIDDLE CAKES

1 Cup Flour
2 Eggs
1½ Cups Milk, Scalded
2 Tablespoons Melted Butter
1½ Cups Stale Bread Crumbs
3 Teaspoons Baking Powder
½ Tablespoon Sugar
½ Teaspoon Salt

Pour milk over bread crumbs; add butter and soak for 15 minutes; add eggs, well beaten, sugar, salt and baking powder; mix and drop by spoonfuls on a hot, greased griddle; cook on one side; when puffed full of bubbles and cooked on edges, turn and cook other side; serve with butter and maple syrup.

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SPOKANE, WASH.

CAKES —and How to Make Them

BRIDE'S LOAF CAKE

2 Cups Flour
2 Cups Sugar
1 Cup Milk
½ Cup Butter
1 Cup Cornstarch
2 Teaspoons Baking Powder
1 Teaspoon Vanilla
8 Egg Whites

Sift all dry ingredients before measuring. Cream the butter and sugar well, then add whites of 2 eggs, unbeaten, and beat well; add the flavoring, then a little of the milk; sift in a little of the flour, the baking powder and corn starch; beat; then add a little more milk and flour until all is used; lastly, fold in lightly the whites of remaining 6 eggs, which have been beaten light and dry; bake 1 hour in a moderate oven and when cold ice with marshmallow icing.

WEDDING CAKE

4 Cups Flour
2 Cups Sugar
2 Cups Butter
12 Eggs
1 Lemon
1 Wineglass Cider
1 Lb. Citron
2 Teaspoons Cinnamon
2 Teaspoons Mace
1 Teaspoon Nutmeg
1 Teaspoon Allspice
½ Teaspoon Cloves
4 Cups Raisins
4 Cups Almonds

Line pan with three thicknesses of paper; butter top layer; seed and chop raisins; wash and dry the currants; cut the citron in uniform slices, about ⅛ inch thick; blanch the almonds and chop fine; mix all the fruit, but the citron, with the dough; insert pieces of citron after dough is poured into pan.

SPONGE CAKE

2 Cups Flour
2 Cups Sugar
4 Eggs
1 Teaspoon Baking Powder
1 Teaspoon Lemon Extract
Pinch Salt

Beat eggs separately, then beat together slowly, sugar, flour, baking powder and salt, lastly 1 cup boiling water and extract; heat the pan.

POUND CAKE

4 Cups Flour
2 Cups Sugar
2 Cups Butter
10 Eggs
1 Wineglass Boiled Cider
Citron and Almonds

Cream the butter; add sugar, egg yolks, whites and flour; place currants into ¼ of the dough and almonds, blanched and pounded in rose water, into another part; leave the remainder plain; fill very small, round tins ¾ full; into half of those containing the plain dough put small pieces of citron, three in each, inserting the citron upright a little way into the dough; sift sugar over the tops of those containing the citron and almond before putting them into the oven; bake 20 minutes; frost the plain and currant cakes. Pound Cake is lighter when baked in small cakes than in loaves.

ANGEL CAKE

1 Cup Flour
1¼ Cups Sugar
9 Eggs (Whites)
½ Teaspoon Cream of Tartar
1 Teaspoon Vanilla Extract

Beat whites of eggs and cream of tartar till stiff; fold in sugar very lightly, also flour and flavoring; bake in ungreased pan.

DEVIL CAKE

1¾ Cups Flour, Sifted
1 Cup Sugar
½ Cup Milk
½ Cup Butter
3 Eggs
Vanilla Extract
2 Teaspoons Baking Powder
¾ Cup Powdered Sugar
3 Ounces Chocolate, Melted
½ Teaspoon Cinnamon
¼ Teaspoon Cloves

Cream the butter and add the cup sugar; beat yolks, add powdered sugar and beat the two mixtures together; add chocolate, then flour, sifted 3 times with baking powder, and spices; then milk, extract and whites of eggs; bake in two layers; put together with fruit icing; spread white icing above.

SUNSHINE CAKE

2½ Cups Flour
1½ Cups Sugar
½ Cup Butter
1 Cup Water
2 Teaspoons Baking Powder
1 Teaspoon Lemon
9 Egg Yolks
Milk

Cream butter and sugar thoroughly; beat yolks and add; sift flour, then sift with baking powder 3 times and add alternately with milk to other ingredients; bake in slow oven 50 to 60 minutes.

WHITE CAKE

3 Cups Flour
1¼ Cups Sugar
1 Cup Milk
¾ Cup Butter
4 Egg Whites
3 Teaspoons Baking Powder
1 Teaspoon Salt

Cream butter and sugar; add milk alternately to flour, baking powder and salt, sifted thoroughly; add egg whites or fold in last, stirring gently; any flavor to suit.

FUDGE CAKE

2 Cups Flour (heaping)
1 Cup Sugar
1 Cup Milk
½ Cup Butter
¼ Cup Chocolate
¼ Cup Walnuts
2 Eggs
2 Teaspoons Baking Powder
Sugar

Melt butter in pan over steam; cream sugar and butter together; add eggs, beating well, then milk; sift in flour, baking powder and chocolate; put in broken nuts; stir batter quickly; bake in well-greased cake tins.

LADY BALTIMORE CAKE

3½ Cups Flour
2 Cups Sugar
1 Cup Milk
1 Cup Butter
3 Teaspoons Baking Powder
1 Teaspoon Rosewater
6 Eggs

Cream the butter and beat in the sugar gradually; sift together flour and baking powder; add to butter and sugar alternately with milk and rose water; lastly, add egg whites, beaten dry; bake in 3 layer cake pans; put layers together with the following frosting:

3 Cups Sugar
3 Eggs
5 Figs, Cut In Thin Slices
1 Cup Chopped Raisins
1 Cup Chopped Nut Meats
1 Cup Boiling Water

Stir sugar in water until dissolved, then let boil without stirring until syrup from a spoon will spin long thread; pour upon egg whites, beaten dry, constantly, meanwhile continue beating until frosting is cold; add fruit and spread upon cake.

BROWNSTONE CAKE

2 Cups Flour
1½ Cups Sugar
½ Cup Milk
½ Cup Butter
4 Eggs
3 Tablespoons Chocolate
1 Teaspoon Baking Powder
Vanilla Extract

Cream sugar with butter, add milk, chocolate dissolved in ½ cup warm water, eggs, well beaten, baking powder and extract; bake in long pan; cover with following frosting:

2 Teacups Powdered Sugar
Butter (size of egg)
1 Egg
1 Cup Finely Chopped Walnut Meats

Cream sugar with butter; thin with cream; add beaten egg white and walnuts.

WHIPPED CREAM CAKE

2 Cups Flour
2 Cups Sugar
1 Cup Milk
½ Cup Butter
1 Cup Corn Starch
8 Eggs
2 Teaspoons Baking Powder
1 Teaspoon Lemon Extract

Sift all dry ingredients; cream sugar and butter well; add gradually egg yolks, well beaten, beating all until very light and creamy, then add flavoring; mix flour, cornstarch and baking powder; alternate with milk; bake in well-buttered layer pans; when cold put between layers rich, dry whipped cream and use as icing, allowing 2 hours to harden.

LAYER CAKE

1¾ Cups Flour
1 Cup Sugar
½ Cup Milk
3 Eggs
1 Teaspoon Vanilla or Lemon Extract

Cream butter in a large bowl; when creamy add gradually sugar, beating constantly; then add egg yolks, beaten very light, and milk; beat well; mix flour and baking powder; sift and add; beat 3 minutes and fold in egg whites, beaten stiff and dry; add flavoring before folding in egg whites; bake in 3 layer cake pans that have been well buttered and floured; when cooled, spread with boiled frosting and sprinkle tops and sides with almonds which have been blanched, shredded and delicately browned in oven.

SWEETHEART FRUIT AND NUT CAKES

1½ Cups Flour
1 Cup Sugar
½ Cup Milk
½ Cup Butter
2 Eggs
2½ Teaspoons Baking Powder
1 Cup Chopped Raisins
1 Cup Chopped Nuts

Cream the butter; beat in sugar, raisins, nuts, eggs beaten light, not separated, milk and flour sifted with baking powder; bake in small tins; decorate with boiled frosting, small red candies, chopped pistachio nuts (green) and red candle in holder.

CHOCOLATE LAYER CAKE

½ Cup Flour
1 Cup Sugar
1 Cake Chocolate, Unsweetened
2 Teaspoons Baking Powder
5 Eggs

Grate chocolate; add flour, baking powder and eggs beaten with sugar; beat all 15 minutes and bake in layers.

Filling

1 Cup Milk
½ Cup Sugar
Butter, Size Cherry
1 Teaspoon Cornstarch, heaping
3 Eggs
2 Teaspoons Vanilla

Mix cornstarch smooth in cup of milk; beat eggs separately; add yolks to cup of milk and extract; warm; add butter and sugar; stir in egg whites, beaten when cool.

MOCHA LAYER CAKE OR TARTS

1 Cup Flour
½ Cup Sugar
½ Cup Butter
6 Eggs

Put eggs and sugar in a bowl; place over pot of hot water and heat until warm; beat until cold; beat eggs and sugar until very light; add flour; mix until light, then add melted butter, mixing in lightly; pour into a round pan about 10 inches in diameter and bake in moderate oven about 25 minutes; when baked, take out and let cool, then cut into 3 layers, putting the following filling between layers.

MOCHA BUTTER CREAM FILLING

Work 6 ounces sweet butter until creamy; beat 4 egg whites to stiff froth; place 5 ounces sugar in small saucepan with a little water; let boil until sugar forms a soft ball when dropped into cold water; when sugar is cooked pour it slowly into egg whites, stirring briskly; when cool add butter and some coffee extract, working together a few minutes; spread between cake layers.

CARAMEL CREAM CAKE

2 Cups Flour
1 Cup Sugar
½ Cup Milk
½ Cup Butter
4 Egg Whites
2 Teaspoons Baking Powder
1 Teaspoon Vanilla

Sift flour, adding baking powder; sift again 3 times; cream sugar and butter thoroughly; add flavor, then flour and milk alternately; lastly add the stiffly beaten egg whites; bake in two layers 25 to 30 minutes.

CARAMEL FILLING

1 Cup Sour Cream
1 Cup Sugar
1 Cup Nut Meats, Chopped

Cook together until it forms a soft ball when tried in cold water; take from fire and stir until cool.

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DEVIL'S FOOD

1 Cup Flour
1 Cup Light Brown Sugar
½ Cup Milk
1 Egg
½ Cup Melted Butter
½ Teaspoon Soda
Cocoa to Color

Mix together, being careful not to get too thick.

FRUIT CAKE

4 Cups Flour
½ Cup Molasses
1 Cup Milk
3 Eggs
1 Lb. Brown Sugar
2 Lbs. Currants
¼ Lb. Butter
4 Teaspoons Baking Powder
⅜ Lb. Citron
2 Lbs. Raisins
½ Nutmeg, Grated
½ Teaspoon Allspice

Cream butter, sugar and eggs; add molasses and milk and 2 cups flour; mix fruit with 1 cup flour and add spices and flavorings; lastly add cup of flour, well sifted with baking powder; bake in slow oven.

STRAWBERRY SHORTCAKE

5½ Tablespoons Shortening
1 Cup Milk
2 Cups Flour
½ Teaspoon Salt
Strawberries
4 Teaspoons Baking Powder

Mix flour, baking powder and salt and sift; into this mix well with knife or fingers the shortening; add milk, mixing with knife; toss the dough on a floured board, pat and divide dough in half; roll each half out to fit pan; place in two buttered pans and bake 15 minutes in hot oven; spread strawberries on top and between the two cakes; serve with whipped or plain cream. Any kind of berries or fruits may be used in the same way.

CHRISTMAS NOVELTY

1 Cup Sugar
¼ Cup Butter
¼ Teaspoon Soda
1¾ Cups Flour
2½ Teaspoons Baking Powder
½ Cup Grapefruit Juice
1/3 Cup Grapefruit Pulp

Cream the butter, adding sugar gradually, beating all the time; add eggs, well beaten till light, then fruit juice, then flour sifted with baking powder and soda; beat well and then fold in fruit pulp, cut in small pieces; bake; when cool, split and fill with the following: Yolks of 3 eggs, beaten till thick, and 1 cup sugar, added gradually; add ½ cup grape fruit juice and stir in grated rind of 1 lemon and 1 tablespoon butter; cook until thick over hot water and cool before spreading; cut cake in small squares; frost with 2 tablespoons grape fruit juice and 1 tablespoon lemon juice made thick enough to spread with powdered sugar; before the frosting is firm, place a little tree, cut out of citron, in the center and drip bits of frosting, colored red, on the branches.

TRUE LOVERS' KNOTS

5 Cups Flour
1 Cup Sugar
⅞ Cup Shortening
1 Tablespoon Vinegar (Strong)
1 Teaspoon Salt
1 Egg
1 Teaspoon Vanilla, or
¼ Teaspoon Mace, as Preferred

Cream shortening; add gradually sugar, then eggs, beaten very light, and ½ cup water, with vinegar added; sift flour with ¼ teaspoon mace and salt, unless butter is used; then use ½ teaspoon; when well mixed knead briskly on moulding board for 1 minute; cut off small piece of dough, roll with hands until size of lead pencil and 5 inches long; form this into ring, joining ends neatly; roll a second piece, loop into first ring, join as before; this forms a "true lovers' knot"; bake in very moderate oven till delicate brown; when cool cover with an orange icing made of grated rind of 1 large orange, soaked in 3 tablespoons cool water ½ hour and wrung through a piece of cheese cloth and made just stiff enough with powdered sugar to cover knots smoothly.

APPLE CAKE

2 Cups Flour
2 Tablespoons Butter
1 Cup Milk
4 Sour Apples
2 Teaspoons Baking Powder
1 Teaspoon Salt

Sift together flour, baking powder and salt; cut in butter until it is a fine powder; add milk and beaten egg; turn out on shallow, greased pan; pare, quarter and cut apples in thin slices; press sharp edges into dough; arrange in rows; sprinkle with sugar and cinnamon; bake about ½ hour.

DOUGHNUTS

4 Cups Flour
1 Cup Sugar
½ Cup Milk
3 Teaspoons Baking Powder
2 Tablespoons Melted Butter
½ Teaspoon Salt
2 Eggs
Vanilla or Cinnamon

Mix flour, baking powder and salt; sift 3 times; rub sugar and butter together; add well-beaten eggs, then flour and milk alternately and flavor; turn out on a well-floured board and roll out ½ inch thick; cut with doughnut cutter and fry in boiling fat.

MAMMY BELDEN CAKE

3½ Cups Flour
1 Cup Sugar
1½ Cups Milk
¾ Cup Butter
4 Eggs
2 Teaspoons Baking Powder

Cream sugar with butter; add milk, egg yolks and flour; beat fully 20 minutes, then add baking powder, egg whites and flavor. Do not beat; fold in. Bake 40 minutes as a whole or in layers.

SUSIE'S DREAM CAKE

3½ Cups Flour
1 Pint Milk
¾ Cup Butter
2 Cups Sugar
2 Eggs (Beaten Separate or Together)
1 Teaspoon Baking Powder

Sift flour and baking powder together 3 times; add other ingredients; bake in layers.

KENTUCKY JAM CAKE

3½ Cups Flour
1 Cup Sugar
1 Cup Butter
3 Eggs, Beaten Separately
5 Tablespoons Sour Cream
½ Teaspoon Soda
½ Teaspoon Each Cinnamon, Cloves and Allspice
1 Cup Blackberry Jam

Cream together butter and sugar; add eggs and soda, dissolved in the sour cream; then add other ingredients and bake.

LOAF CAKE

2½ Cups Flour
½ Cup Milk
¾ Cup Butter
1 Cup Raisins, Seeded
1½ Cups Sugar
2 Eggs, Well Beaten
1 Teaspoon Cream of Tartar
½ Teaspoon Soda
1 Nutmeg, Grated

Cream together the butter and sugar; add eggs, alternate with flour, sifted, and milk, sifted cream of tartar and soda, adding spices and raisins; flour well.—

WHITE CAKE

1 Cup Flour
2/3 Cup Milk
1 Heaping Tablespoon Butter
½ Cup Cornstarch
2 Egg Whites, Well Beaten
3 Teaspoons Baking Powder
1 Teaspoon Vanilla

Cream together butter and sugar; add egg whites; mix well; add baking powder and mix again; add other ingredients; bake in square tin. With chocolate frosting this is delicious.

LIGHTNING CAKE

1 Cup Flour, Heaping
¼ Cup Butter
½ Cup Milk
1 Egg
1 Teaspoon Baking Powder, Heaping
2/3 Cup Sugar

Sift flour, baking powder, sugar and pinch salt together; drop the egg into butter, slightly melted, and add milk and beat; add other ingredients; bake in 2 layers or as cup cake.

DATE CAKE

4 egg yolks; beat well
1 cup sugar
1 cup chopped dates (fine)
1 cup chopped nuts (fine)
Beat and add to above
1 tablespoon flour (heaping)
1 teaspoon baking powder
Add ½ teaspoon salt
Add beaten whites

Two layers. Cover with cream and lady fingers. Bake ½ hour in slow oven.

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GINGER SNAPS

1 Cup Flour
1 Cup Molasses
1 Cup Sugar
1 Cup Butter
2 Teaspoons Soda
1 Teaspoon Ginger, Heaping
2 Eggs

Heat the sugar, molasses and butter to boiling point; take from stove and stir in the flour while hot; let cool; add soda, dissolved in a little vinegar; add eggs; ginger in the flour; beat all the rest; knead enough flour in to roll out nicely.

JUMBLES

2 Cups Flour
½ Cup Butter
½ Cup Sugar
¼ Teaspoon Nutmeg
½ Teaspoon Vanilla or Lemon
3 Eggs

Work butter into flour, sugar and eggs, well beaten; add nutmeg, vanilla or lemon extract; mix well; roll out to the thickness of about ⅛ inch thick; sprinkle powdered sugar over the dough; cut it with a biscuit or cake cutter, so that there will be a hole in center; lay them on flat tin plates and bake 10 minutes in quick oven.

BILLY GOAT COOKIES

3 Cups Flour
1 Cup Butter
1½ Cups Brown Sugar
3 Eggs
¼ Cup Water (scant)
1 Cup Raisins, chopped fine
1 Cup Walnuts, chopped fine
1 Teaspoon Soda (scant), sifted in flour

PLAIN COOKIES

2½ Cups Flour
1½ Cups Sugar
1 Tablespoon Milk
¾ Cup Butter
2 Teaspoons Baking Powder
3 Eggs

Cream butter and sugar; add beaten eggs, sifted flour with baking powder and milk; roll out thin and cut in circles.

EXCELSIOR COOKIES

Flour
1 Cup Milk
1 Cup Butter
2 Cups Sugar
3 Eggs
2 Teaspoons Baking Powder

Cream together, adding enough flour to make a soft dough; roll thin, sprinkle with sugar and bake.

COCOANUT DROP COOKIES

2 Cups Flour
1 Cup Brown Sugar
½ Cup Milk, Sour
1 Teaspoon Soda
1 Teaspoon Baking Powder
1 Box (¼ Lb.) Cocoanut

Mix well and drop from spoon on greased pans.

MOLASSES COOKIES

Flour
1 Quart Molasses
1 Cup Lard
2 Ounces Soda
1 Gill Water

Put molasses, water, soda and lard in a bowl; mix them together; add flour enough to make a nice dough suitable to roll out and cut; wash with milk or water on top.

Molasses Cookies are very common, but they are not easy to make, the reason being that there is no rule you can work by which will answer in all cases. All molasses does not work alike. Some kinds will bear more water than others, and the weather has to be taken into consideration. You can use more water in cold weather than in warm, at times ½ water, ½ molasses. Be very careful and not get dough too stiff and do not work more than necessary to mix.

SHAMROCKS

2½ Cups Flour
1 Cup Sugar
½ Cup Milk
1/3 Cup Shortening
2 Teaspoons Ginger
1½ Teaspoons Baking Powder
1 Teaspoon Salt
1 Egg

Cream shortening; add sugar gradually, then egg, well beaten, then the milk; mix flour, baking powder, salt and ginger and sift; chill thoroughly and roll out rather thick; cut with a cutter shaped to represent a three-leaved clover; bake in rather quick oven; cool and cover with frosting colored green, or cover with shredded cocoanut colored green; if cocoanut is used, brush over cookies very lightly with white of egg diluted with 1 tablespoon cold water and beaten together; to color cocoanut, dilute green coloring with a little water, turn into shallow dish, add cocoanut and stir with silver fork until cocoanut is evenly colored; dry before using.

Ghirardelli's Ground Chocolate

In Every Home For Drinking and Desserts

Ghirardelli's Brown Stone Front Cake

Three-fourths cup Ghirardelli's Ground Chocolate, ½ cup sweet milk, 2/3 cup brown sugar, yolk of 1 egg. Beat all together; soft boil until like a custard; set to cool. This is the cream: Take 1 cup brown sugar; ½ cup butter; ½ cup sweet milk; 2 eggs; 2 cups sifted flour. After the cake is mixed then stir in the above cream; then add 1 teaspoon soda dissolved in a little warm water; spread white boiled icing over and between the layers.

Chocolate Spanish Cream

Take 1½ tablespoons gelatine, 2 eggs, 1½ teaspoons vanilla, 2¾ cups milk, 4 tablespoons sugar, 3 tablespoons Ghirardelli's Ground Chocolate. Soak gelatine in milk; put on fire and stir until dissolved; add yolks of eggs, well beaten with two tablespoons of sugar; stir chocolate to smooth paste with a little cold water; add to milk; stir until it comes to boiling point; remove from stove; have whites of eggs beaten with 2 tablespoons of sugar; add whites, stirring briskly. Flavor and turn into mould. Serve with whipped cream or sauce.

Devil Cake — All Chocolate

Take 1 cup sugar, butter size of an egg; cream these ingredients together; 1 cup of sour milk, 1 egg. Sift 1 cup of flour, 1 teaspoon of soda and 3 tablespoons of Ghirardelli's Ground Chocolate together four or five times; add the creamed butter and sugar, then the egg, well beaten, and the sour milk; stir well; bake in a moderate oven. When cool, cover with chocolate frosting.

Ghirardelli's Chocolate Fudge

Four rounded tablespoons of D. Ghirardelli's Ground Chocolate, 2 cups sugar, 1 cup milk, butter the size of a small hen's egg, 1 teaspoon vanilla, 2 drops lemon extract. Boil sugar, butter and milk until thick and add chocolate; cook until thread spins when tried; then add extract and take from fire, stirring until nearly cold or becomes sugary. Turn on a well-buttered dish and cut in squares.

Chocolate Bread Pudding

Take 2 large cups of crumbled bread; let this stand ½ hour, covered with 3 cups of boiling milk; beat 2 eggs and add ½ cup sugar and 4 tablespoons of Ghirardelli's Ground Chocolate, butter the size of walnut and pinch of salt; add this to milk and bread crumbs; flavor with vanilla extract and bake 1 hour in a covered buttered dish, in a medium oven. Serve with hard sauce, whipped cream or vanilla sauce.

Chocolate Sauce

One egg, 1 cup milk, 1 teaspoon cornstarch, ½ cup sugar, 2 teaspoons Ghirardelli's Ground Chocolate, 1 teaspoon vanilla. Scald milk and add the cornstarch, which has been dissolved in a little of the cold milk; beat egg and add to the mixture with the sugar, chocolate and vanilla.

Chocolate Icing

Place 2 ounces of Ghirardelli's Ground Chocolate in an enameled saucepan with a quarter pint of boiling water; set on the stove for a few minutes, stirring constantly; then remove, add ½ pound of pulverized sugar and stir again until perfectly smooth.

Fillings and Icings

CHOCOLATE FILLING

1½ Squares Chocolate
3 Tablespoons Milk
1 Cup Sugar
½ Teaspoon Vanilla

Melt chocolate; add ½ cup sugar and milk; stir until smooth; add remainder of sugar; cook over hot water 20 minutes, then add vanilla.

CARAMEL FILLING

1 Lb. Brown Sugar
1 Cup Milk
2 Eggs
Vanilla

Boil sugar and milk until it will harden when dropped into cold water; beat yolks of eggs and whites separately, then combine them; gradually pour the hot syrup over them, beating all the time; add flavoring and beat until cool and quite thick.

WHIPPED CREAM FILLING

¾ Cup Cream
¼ Cup Powdered Sugar
1 Egg White
½ Teaspoon Vanilla

Set medium-sized bowl in pan of crushed ice, to which water has been added; place cream in bowl and beat until stiff with wire whip or, if possible, use patent cream whipper; whip up well that air bubbles may not be too large; add sugar, egg white, beaten stiff, and vanilla; keep cool.

CUPID'S FILLING

2 Cups Sugar, Powdered
¾ Cup Butter

Beat thoroughly; use strong, black coffee for Mocha Cake. Use chocolate if desired.

BOILED NUT OR FRUIT FROSTING

½ Cup Fruit (Chopped Fine)
½ Cup Nuts (Chopped Fine)

You may use walnuts, almonds, pecans, hickory or hazel nuts, figs, dates, raisins or selected prunes. Add to frosting separately or in combination.

BOILED CHOCOLATE FROSTING

2 Ounces Chocolate
½ Cup Milk
2 Egg Whites
Vanilla
Powdered Sugar

Boil chocolate and cream; add vanilla when cool; beat whites to stiff froth; add the sugar until stiff enough to cut; combine the two mixtures; beat and spread.

MARSHMALLOW FROSTING

½ Lb. Marshmallows
¼ Cup Milk or Water
1 Teaspoon Vanilla
2 Egg Whites

Break marshmallows in pieces; add milk or water; put in double boiler over boiling water; stir until melted; take from fire and while hot pour into the well-beaten egg whites; add vanilla.

BOILED ICING

1 Cup Sugar
1/3 Cup Water
¼ Teaspoon Cream of Tartar
1 Teaspoon Flavoring
1 Egg White (Large)

Beat egg white until frothy; add cream of tartar; beat until stiff and dry; make syrup of sugar and water; when it has reached the honey stage, or drops heavily from spoon, add 5 tablespoons slowly to egg, beating in well; then cook remainder of syrup until it threads and pour over egg, beating thoroughly; add flavoring and beat until cool enough to spread.

MOCHA ICING

1 Cup Powdered Sugar
1 Teaspoon Cocoa
2 Tablespoons Butter
¼ Teaspoon Vanilla
About 2 Tablespoons Cold Coffee—Very Strong

Cream butter; add sugar and cocoa gradually; add vanilla, then coffee, gradually until mixture is smooth, creamy and thick enough to spread.

ICING FOR WHITE CAKE

1½ Cups Sugar
1 Cup Water
2 Egg Whites

Boil sugar and water until it threads well; pour over the egg whites, well beaten, beating all the time; when partly cool add ½ cup chopped pineapple.

PIES

PIE PASTE

Sift together dry ingredients thoroughly; work in lard with knife or rounding edge of a tablespoon or spatula; moisten to a dough with cold water; put lightly on floured board and roll thin ready for use.

APPLE PIE

About 4 Tart Apples
½ Cup Sugar

Peel, core and slice apples thin; line pie pan with paste; put in apples, sugar and a little water; wet edges, cover with paste rolled out very thin; bake in moderate, steady oven until apples are cooked.

Note.—Any green fruit pies can be made in similar manner to above.

Note.—To prevent juice of pies boiling out into over wet the edges when upper and lower crusts are joined with thin paste made of 1 teaspoon flour and 3 of water, instead of clear water. Adding cinnamon and butter will improve.

LEMON PIE

½ Cup Sugar
2½ Cups Milk
1½ Tablespoons Cornstarch
2 Eggs
1 Lemon

Mix cornstarch with a little milk; heat balance of milk and when it boils stir in cornstarch and boil 1 minute; let cool and add egg yolks, 2 heaping tablespoons sugar and grated rind and juice of lemon, all well beaten together; use a deep pie pan lined with paste and fill with mixture; bake slowly ½ hour; beat the egg whites to stiff froth and gradually beat in remainder of sugar; cover pie with this and brown slowly.

LEMON CREAM PIE

5 Teaspoons Flour
1 Cup Sugar
4 Eggs
1½ Cups Boiling Water
1 Lemon

Beat egg yolks and whites separately; add to yolks the sugar, flour, lemon juice and grated rind and lastly boiling water; cook in double boiler and when it begins to thicken add ½ of beaten egg whites; stir this thoroughly and cook it until thick as desired; use remainder of egg whites for meringue to top off pie; after custard has cooled fill a baked shell of pie paste, pile meringue on top and bake in a very slow oven until meringue is brown.

CUSTARD PIE

1/3 Cup Flour or Cornstarch
3 Cups Milk
1 Cup Butter
6 Eggs
1½ Cups Sugar

Mix and flavor to taste; sufficient for 3 pies; bake pie crust first.

COCOANUT PIE

1 Cup Butter
2 Cups Powdered Sugar
½ Cocoanut (Grated)
6 Eggs

Cream butter with sugar; beat in cocoanut; fold in lightly the stiffened egg whites; turn into a deep pie pan lined with puff paste; bake in quick oven. Eat cold with powdered sugar and cream.

PUMPKIN PIE

½ Cup Sugar
1½ Cups Milk
1 Cup Stewed Pumpkin
¼ Teaspoon Ginger
¼ Teaspoon Allspice
¼ Teaspoon Cloves
2 Eggs

Beat eggs; add sugar, pumpkin and spices; beat thoroughly; then add milk and mix thoroughly; bake in pie paste crust.

SQUASH PIE

2 Cups Squash
1½ Cups Milk
1 Tablespoon Melted Butter
1 Cup Brown Sugar
1 Teaspoon Cinnamon
½ Tablespoon Ginger
2 Tablespoons Molasses
2 Eggs

Mix in order given; strain into a deep plate lined with paste.

RAISIN PIE

1 Cup Seeded Raisins
1 Tablespoon Butter
1 Tablespoon Sugar
1 Teaspoon Vinegar

Cook raisins in enough cold water for 1 pie; add butter; mix all together; bake in two crusts.

RHUBARB PIE

1 Teaspoon Flour
1 Cup Sugar
1 Cup Stewed Rhubarb
1 Egg and Pinch Salt

Stir flour into other ingredients; bake without top crust and frost.

BERRY PIE

2 Boxes Berries
1½ Cups Powdered Sugar
1 Cup Cream (Small)
½ Lemon

Wash berires; add 1 cup sugar; let stand at least 2 hours in ice box, then put through cheese cloth; add balance of sugar, 1 cup water, juice of ½ lemon and cream; freeze. This mixture makes about a quart.

Grate the rind of lemons into a bowl and squeeze in the juice; make a boiling syrup of sugar and half water and pour it hot on the lemon rind and juice; let it remain until cold, then add rest of water; strain the lemonade into a freezer and freeze as usual and at last add whites whipped to a firm froth; beat and freeze again. The scalding draws the flavor from the lemons. It should never be boiled and fewer lemons used when they are very large. This ice is perfectly white.

Note.—Loganberry, raspberry, blackberry, gooseberry, elderberry or grape pie may be made as above, using more sugar with some.

MINCE MEAT (ENGLISH)

2 Lbs. Boiled Beef
2 Lbs. Beef Suet
2 Lbs. Currants
2 Lbs. Raisins
1 Lb. Citron
½ Lb. Candied Lemon
½ Lb. Orange Peel
3 Lbs. Peeled Apples
2 Lbs. Sugar
2 Ounces Ground Spices (equal proportions of Nutmeg, Cloves and Cinnamon)
Grated Rind of 6 Oranges
6 Lemons
1½ Pints Boiled Cider or Strong Grape Juice

Thoroughly clean currants and raisins; cut citron in small pieces; remove skin from and cut suet up fine; place these with the lemon and orange peel, currants, raisins and candied lemons in an earthen jar; chop apples and add; trim meat lean and clear (see that it weighs 2 lbs. when trimmed); chop this and add to rest; then add sugar and spice; mix all together; then add cider or grape juice and cover jar; over it place a cloth and tie firmly to exclude the air and prevent evaporation. The mincemeat should be kept in a cold place. It is better to stand a week after being made.

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CREAM OF TOMATO SOUP

2 Teaspoons Sugar
¼ Teaspoon Soda
1 Slice Onion
1½ Cups Water
4 Tablespoons Butter
1 Cup Carnation Milk
½ Can Tomato (2 Cups)
2 Cloves
1 Teaspoon Salt
1 Cup Water
4 Tablespoons Flour
1/8 Teaspoon Pepper
6 Pepper Corns
Bit of Bay Leaf

Cook tomatoes slowly for twenty minutes, 1½ cups of water, seasonings and sugar; strain; add salt and soda; melt butter; add flour, stirring constantly; add Carnation milk diluted with one cup of water; cook until thickened, stirring constantly; combine with the strained tomatoes, adding the tomatoes to the milk; serve at once. This recipe serves six people.

CREAMED CHIPPED BEEF

¼ Teaspoon Salt
2 Tablespoons Butter
1/3 Cup Carnation Milk
1 Cup Water
2 Tablespoons Flour
¼ Teaspoon Pepper
¼ Lb. Chipped Beef

Melt butter; add flour, stirring constantly until thoroughly blended; add the liquid, salt and pepper; let boil until thickened, stirring occasionally; add beef and continue cooking until beef is heated through; turn onto a hot platter and garnish with toast points. This recipe will serve four people.

THIN WHITE SAUCE

2 Tablespoons Flour
2 Tablespoons Butter or Substitute
½ Teaspoon Salt
2/3 Cup Water
1/3 Cup Carnation Milk

Melt butter or butter substitute, add flour and stir until thoroughly mixed; add the milk and cook about five minutes or until the mixture thickens, and add seasonings. This recipe makes one cup of sauce.

SCALLOPED POTATOES

1 Tablespoon Salt
4 Medium Sized Potatoes
1 1/3 Cups Water
2/3 Cup Carnation Milk
½ Tablespoon Butter

Wash, pare and cut potatoes in thin slices; put a layer in buttered baking dish, sprinkle with salt and dredge with a small amount of flour. Add milk and butter and bake until potatoes are soft. This recipe serves six people.

CARNATION MILK OMELET

4 Eggs
4 Teaspoons Cornstarch
1 Teaspoon Baking Powder
1 Teaspoon Salt
1 Cup Carnation Milk Mixed with 4 Tablespoons Water

Beat egg yolks until thick and lemon colored; mix cornstarch and salt, and add gradually the cold milk, then add to beaten yolks; beat egg whites stiff and add the baking powder, then cut and fold in the first mixture; butter sides and bottom of heated omelet pan; turn in mixture, place on range where it will cook slowly; when brown on bottom put in oven to finish cooking the top; the omelet is cooked when firm to the touch. This recipe serves four to six people.

CARNATION BISCUIT

2 Cups Flour
4 Teaspoons Baking Powder
2 Tablespoons Butter or Substitute
½ Teaspoon Salt
½ Cup Water
¼ Cup Carnation Milk

Sift dry ingredients together; mix in butter or substitute with knife or fingers; add liquid, mixing to a soft dough; roll lightly to one-half inch in thickness, cut and bake in hot oven about 15 minutes. This recipe makes about eight biscuits.

GINGERBREAD

6 Tablespoons Water
2¼ Cups Flour
1 Cup Molasses
2 Tablespoons Carnation Milk
¼ Teaspoon Salt
¾ Teaspoon Soda
1¼ Teaspoons Ginger
¼ Cup Butter or Lard

Sift dry ingredients together; add liquid to molasses; combine mixtures, add shortening and beat well; pour into oiled shallow pan and bake in moderately hot oven about 25 minutes.

CARNATION COCOA

4 Teaspoons Cocoa
6 Teaspoons Sugar
3 Cups Boiling Water
1 Cup Carnation Milk
½ Teaspoon Salt

Mix cocoa and sugar in a cup; have water boiling; heat cocoa pot by allowing hot water to stand in it for a few minutes; heat Carnation milk by standing cup of Carnation milk in basin of hot water for five minutes or more. Pour a little boiling water into cup of cocoa and sugar to dissolve them. Pour into cocoa pot, add remainder of water, boiling hot, then the hot Carnation milk and salt; serve at once. Makes four cups.

CARNATION PUMPKIN PIE

½ Teaspoon Ginger
2/3 Cup Brown Sugar
1 Tablespoon Cornstarch
1½ Cups Cooked and Strained Pumpkin
2 Eggs
½ Teaspoon Salt
1 Cup Water
1 Teaspoon Cinnamon
1 Cup Carnation Milk

Mix in order given and bake in one crust until firm. This recipe makes one pie.

ICE CREAM - ICES - SHERBETS

STRAIGHT ICE CREAM

2 Quarts Milk
3 Cups Sugar
1 Tablespoon Vanilla or Lemon Extract

Stir together and freeze, allowing plenty of room in freezer for expansion.

VANILLA ICE CREAM

4 Cups Milk
1½ Cups Sugar
4 Eggs
1 Tablespoon Vanilla or Lemon Extract

Prepare and cook ingredients in the same general way as given in the following recipe:

NEW YORK ICE CREAM

5 Cups Milk
1 Cup Sugar
4 Egg Yolks
1 Tablespoon Gelatine
1 Tablespoon Vanilla or Lemon Extract
1 Pinch Salt

Make a custard of milk, sugar, eggs and salt; bring to a boil; remove from fire and add gelatine, melted in a little warm water; cool, strain and flavor; whip the cream; add it to custard and freeze after it has become cold.

CARAMEL ICE CREAM

1 Cup Sugar
1 Quart Cream
1 Cup Boiling Water
Vanilla

Melt ½ cup sugar in frying pan and when brown add the water; let simmer 10 minutes; strain; add cream and ½ cup sugar; flavor and freeze.

CHOCOLATE ICE CREAM

2 Squares Chocolate
3 Cups Sugar
½ Pint Milk
½ Pint Water (Hot)
2 Pints Milk
2 Pints Water
1 Tablespoon Gelatine

Dissolve chocolate in 2 tablespoons boiling water; add this with the sugar to the hot milk; boil until it foams, stirring, as it burns quickly; add the 2 pints milk and water; when just lukewarm remove from fire and stir in quickly the gelatine, dissolved in warm water; let stand in cool place until set firm and cool, then freeze.

ORANGE ICE

7 Oranges
2 Lemons
4 Egg Whites
2½ Pints Sugar

Boil sugar in 2½ quarts water about 15 or 20 minutes; cool; add strained juice and when almost frozen add beaten egg whites and freeze. This will make about 5 quarts of ice. Serve in sherbet glasses or orange cups.

LEMON SHERBET

1 Pint Lemon Juice
½ Glass Orange Juice
2 Ounces Gelatine
2 Cups Sugar

Soak gelatine over night in ½ pint water; in the morning add 3 quarts of water and let it come to a boiling point; strain fruit juice, add sugar (to taste) and freeze.

LEMON MILK SHERBET

2 Pints Milk
2 Cups Sugar
Juice of 3 Lemons

Dissolve sugar with milk; add lemon juice slowly and freeze.

FRUIT SHERBET

3 Lemons
1 Orange
½ Cup Pineapple (Shredded)
2¼ Cups Sugar
1 Egg White
1 Quart Water

Boil water and several slices of lemon and orange peel 10 minutes; cool; add juice and pineapple; freeze; when almost frozen add egg white, beaten.

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PUDDINGS

COTTAGE PUDDING

2 Cups Flour
½ Cup Sugar
1 Cup Milk
1 Egg, Well Beaten
¼ Cup Butter
3 Tablespoons Baking Powder
½ Teaspoon Salt

Cream the butter; add gradually sugar and egg; stir together thoroughly the flour, baking powder and salt and add alternately with milk to first mixture; bake in moderate oven 35 minutes; serve with vanilla or hard sauce, crushed berries, juicy fruits, jellies or preserves.

COCOANUT PUDDING

½ Cocoanut
¼ Loaf Bakers' Bread
1 Pint Milk
½ Cup Sugar
1 Cup Butter
3 Eggs

Grate cocoanut; stew slowly in milk; pour this on bread; when cool add sugar and butter beaten to a cream, then add eggs and bake. Bread Pudding—Leave out cocoanut.

PLUM PUDDING

2 Cups Flour
½ Cup Citron
½ Cup Milk
½ Cup Orange Marmelade
4 Eggs
1½ Cups Sugar
1½ Cups Coffee (Liquid)
1½ Cups Grated Bread
1½ Cups Suet, Chopped Very Fine
1½ Cups Raisins (Seeded)
1½ Cups Currants (Mashed and Picked)
1 Teaspoon Baking Powder
1 Teaspoon Cinnamon
1 Teaspoon Each Cloves and Nutmeg

Mix all together in large bowl; put in well-buttered mould; set in saucepan with boiling water to reach half way up its sides; now steam 3 or 4 hours; turn out carefully on dish and serve with cider or hard sauce.

PRUNE WHIP

½ Lb. Prunes
¼ Cup Sugar
2 Eggs
½ Tablespoon Lemon Juice

Wash prunes and soak over night; cook in same water until quite soft; remove stones and press prunes through a potato masher; add sugar and cook 5 minutes; beat egg whites to very stiff froth; add this, with lemon juice, to prune pulp, stirring in lightly with a fork; put all in a buttered shallow dish and bake 20 minutes in a slow oven; serve with cream or custard made from egg yolks.

BERRY ROLL

1 Pint Flour
1 Teaspoon Butter
¾ Cup Milk
1 Teaspoon Baking Powder
¼ Teaspoon Salt
Berries

Sift flour with baking powder; mix into this the butter and salt; add milk and roll out 1/3 inch thick; spread plentifully with any kind of berries; sift sugar over and roll; bake ½ hour and serve hot with sauce (see page 35).

NEWLYWEDS' APPLE DUMPLINGS

1 Cup Sugar
1 Tablespoon Flour (Large)
Tart Apples
1 Pint Hot Water

Make a fairly rich biscuit dough; pare and slice apples (a fluted potato slicer is fine for this); roll dough out ½ inch thick; cover with the sliced apples; roll up like jelly cake; cut slices from this roll ¾ inch thick and place in a bake pan, not too close together; now mix together the sugar and flour in a saucepan; add gradually the hot water and cook until clear, stirring constantly; dip this same, flavored to taste, over dumplings and place at once in oven or steam cooker and cook 45 minutes; if steamed, place in oven few minutes to brown slightly.

APRICOT CREAM

1 Pound Dried Apricots
1 Cup Sugar
2 Cups Whipped Cream

Wash apricots and soak for several hours, or over night, in 2 cups water; pour off the water into a saucepan; add the sugar and cook for 5 minutes, or until a thick syrup is formed; pour this syrup over the apricots; cool and put through a sieve, using only enough syrup to make a soft pulp with the fruit; add to the whipped cream and serve very cold with whipped cream on top.

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PUDDING SAUCES

HARD SAUCE

¼ Cup Butter
½ Cup Sugar, Powdered
½ Teaspoon Lemon or Vanilla or a Little Nutmeg

Rub butter to a cream in a warm bowl; add sugar gradually and flavor; pack it smoothly in a small dish; stamp it with a butter mould or the bottom of a figured glass; keep it on ice till very hard or pile it lightly on a fancy dish, like Snowdrift Sauce.

HARD SAUCE

1 Cup Sugar
½ Cup Butter
2 Eggs
1 Teaspoon Nutmeg

Beat sugar and butter to white cream; add egg whites; beat few minutes; add boiled cider and nutmeg; put on ice until needed.

CIDER SAUCE (formerly Brandy Sauce)

½ Tablespoon Flour
2 Tablespoons Butter, Rounded
¾ Cup Sugar, Brown
3 Tablespoons Cornstarch
1 Teaspoon Vanilla
Pinch Salt
2 Tablespoons Boiled Cider

Melt ½ the butter; add flour, cornstarch and salt; when well blended, add 1 pint hot water gradually and cook 5 or 6 minutes; then add sugar; cook a minute; add vanilla and cider; remove from fire; add balance of butter and beat until very smooth; strain if necessary; serve with steamed pudding.

CARAMEL SAUCE

1/3 Cup Sugar
1 Pint Cream

Put sugar in spider, stir over fire until melted and light brown; add very gradually ½ cup boiling water and simmer 10 minutes; or melt sugar in saucepan; add cream and set over hot water until the caramel liquefies.

LEMON SAUCE

1 Cup Sugar
2 Cups Hot Water
1 Lemon
2 Tablespoons Cornstarch
2 Tablespoons Butter

Mix sugar and cornstarch; add boiling water gradually, stirring it all the time; cook 8 or 10 minutes; add lemon juice and butter; serve hot.

ORANGE SAUCE

1 Teaspoon Cornstarch
2 Tablespoons Sugar
3 Oranges

Mix cornstarch and sugar; squeeze juice of oranges and heat it; when sufficiently hot add cornstarch and sugar and cook till clear.

BERRY ROLL SAUCE

½ Cup Sugar
1 Cup Milk
1 Tablespoon Butter
1 Teaspoon Cornstarch
1 Cup Berries, Mashed

Cream together sugar and butter, berries and milk; wet cornstarch in enough milk to dissolve it and stir in slowly; let boil 3 minutes and serve.

CHRISTMAS PUDDING SAUCE

Use or not, as desired. Melt 2 tablespoons butter in small saucepan; add 1 tablespoon cornstarch; mix well; add 1 cup water and bring to boiling point, stirring all the time; then add ½ cup brown sugar and ½ teaspoon vanilla.

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CONFECTIONS

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FUDGE

2 Cups Sugar
1 Cup Milk
Butter (Size of Egg)
1 Cup Molasses
2 Squares Chocolate
Vanilla

Cook until crisp; beat until it sugars; pour on buttered pan; cut into squares.

DIVINITY CANDY

2 Cups Sugar
½ Cup White Syrup
2 Egg Whites
1 Cup Nuts
½ Cup Water

Cook together sugar, syrup and ½ cup water until it hardens in cold water or cracks against the cup; beat egg whites to a stiff froth; when the syrup is ready pour slowly into the egg whites and beat hard until it is stiff; add nuts and flavoring before syrup gets cold; put in a deep dish, so as to slice it when cold. It is fine.

PINOCHE

2 Cups Brown Sugar
1 Cup Cream
1 Cup Walnut Meats (Chopped)
1 Large Piece Butter

Cook sugar and cream until done; add nuts; take off stove and let cool 5 minutes; then beat till right consistency.

BUTTER SCOTCH

¾ Cup Butter
2 Cups Sugar
1 Cup Molasses
1/3 Cup Vinegar

Cook all together, stirring until brittle when dropped in cold water; pour into butter tins and mark for breaking before cold.

CREAM TAFFY CANDY

2 Cups Sugar
Butter, Size Walnut
1 Cup Water
1 Teaspoon Cream Tartar
1 Tablespoon Vinegar
Vanilla Extract

Boil until threads; cool and pull.

PLAIN CARAMELS

2 Cups Sugar
¾ Cup Milk
1/3 Cup Butter
1 Teaspoon Vanilla or Lemon

Stir until it begins to boil, but not again; cook until it turns a light brown (20 to 25 minutes); pour out on buttered tins; when partly cooled mark off in squares.

COCOANUT CARAMELS

1½ Lbs. Sugar
¼ Cup Cream
¼ Cup Water
1 Pint Cocoanut (Grated)

Boil together 10 minutes; add cocoanut; boil 10 minutes more; pour out on buttered dish; when cool cut into bars.

ROSE HONEY

Take 3 red roses, 3 cups honey, 1 cup water, put in saucepan over fire, bring it gradually to the boiling point; add rock alum the size of a bean and continue boiling till syrup is thick. Strain through a cheese cloth while still hot. Put away in glasses or jars. Any other flower, not poisonous, can be used. Clover, lilac, lily of the valley or anything bees love to gather. In bulk as large as 3 roses. This is wonderfully pleasing.

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MEATS

BROILING

The rules for roasting meat apply to broiling except that instead of cooking it in the oven it is to be quickly browned, first on one side and then on the other, over a hot fire, and removed a little from the fire to finish cooking. Meat an inch thick will broil in about 4 minutes. Season after it is cooked.

FRYING

There are 2 methods of frying: One with very little fat in the pan, to practice which successfully the pan and the fat must be hot before the article to be fried is put into it. For instance, in frying chops, if the pan is hot, and only fat enough is used to keep the chops from sticking to it, the heat being maintained so that the chops cook quickly, they will be nearly as nice as if they were broiled. Frying by the other method consists in entirely covering the article to be cooked in smoking-hot fat and keeping the fat at that degre of heat until the food is brown. It should then be taken up with a skimmer and laid upon brown paper for a moment to free it from grease.

BOILING AND STEWING

Fresh meat for boiling should be put into boiling water and boiled very gently about 20 minutes for each pound. A little salt, spice or vegetables may be boiled in the water with the meat for seasoning. A little vinegar put in the water with tough meats makes it tender. The broth of boiled meat should always be saved to use in soups, stews and gravies. Stewing and simmering meats means to place them near enough to the fire to keep the water on them bubbling moderately, constantly and slowly. Salt meats should be put over the fire in cold water, which, as soon as it boils, should be replaced by fresh cold water, the water to be changed until it remains fresh enough to give the meat a palatable flavor when done. Salted and smoked meats require about 30 minutes very slowly boiling, from the time the water boils, to each pound. Vegetables and herbs may be boiled with them to flavor them. When they are cooked the vessel containing them should be set where they will keep hot without boiling until wanted, if they are to be served hot; if they are to be served cold, they should be allowed to cool in the pot liquor in which they were boiled. Very salt meats, or those much dried in smoking, should be soaked over night in cold water before boiling.

ROASTING

Wipe the meat with damp cloth. Trim and tie into shape, if necessary. In the bottom of pan put some pieces of fat from meat. Arrange meat on rack in pan. Sprinkle with salt, pepper and flour. Have oven very hot at first; when meat is half done reduce heat. Baste every 10 or 15 minutes. If there is danger of fat in pan being scorched, add a few spoons of boiling water. Allow from 10 to 20 minutes per pound of meat, acording as it is desired, rare or well done. When done remove to hot plate. Thicken gravy in pan with browned flour, adding more water as necessary and add seasoning. An onion may be laid on top of the roast to give it flavor, but should be removed before serving.

In purchasing meat one should know how to select the best quality and the most useful pieces.

Beef, which stands at the head of the list, as being most generally used and liked, should be of a bright, clear red, and fat white. It should be well clothed in fat, to insure it being tender and juicy. The finest pieces are the sirloin and the ribs, the latter making the best roasting piece in the animal.

In cooking steaks remember it is far better to turn over 3 or 4 times on a platter containing a little olive oil than it is to hammer them to make them tender. The object is not to force out the juice, but to soften the fibre.

In selecting pork, one cannot exercise too great care in examining it. Do not buy any that is clammy or has kernels in the fat. Remember, too, when the rind is hard it is old.

Buy Quality Meats from Plath's Market

Veal should be fine in grain, of a delicate pink, with plenty of kidney fat. It should never be eaten under 2 months old.

Mutton should be firm and juicy, the flesh close-grained, the fat hard and white.

TO CLARIFY DRIPPINGS

Drippings accumulated from different cooked meats (except mutton, which has a strong flavor) can be clarified by putting all into a basin and slicing into it raw potato, allowing it to boil long enough for the potato to brown, which causes all impurites to disappear. Remove from the fire, and when cool drain into basin and set in a cool place.

HINT ON COOKING ROAST BEEF

For roast beef to be juicy and tender when done, it should be basted every few minutes, so in order to save yourself this trouble, place a large piece of beef suet on top of the roast; have baking pan perfectly dry and oven very hot; place in the oven and let cook the allotted time—say ½ hour—according to size. You can be about your inside work and in the allotted time your roast is done to a beautiful brown and is very juicy, as it has been constantly basting itself all the while with the suet. Take roast out of pan, pour off drippings in a bowl and make a gravy on top of stove. A nice addition to this is to put ½ dozen or so peeled potatoes in the pan with roast when placing it in to cook, and they will be done to a nicety when the roast is. On taking up roast lay baked potatoes around same.

POT ROAST

Put a very little drippings in an iron kettle. When hot, lay the beef in. Add an onion chopped and fried till brown in butter; pour in water to half height of meat; add salt and pepper and cover as close as possible; thicken the gravy; simmer from 2 to 3 hours, according to weight. When done, take up, and pour the gravy over it and serve.

BRAISED BEEF

Wipe and trim 6 pounds round or rump of beef without bone; sear brown on all sides in very hot frying pan over hot fire. In braising pan or iron kettle put layers of sliced onions, turnips and carrots, sweet herbs, 1 teaspoon of salt, ½ teaspoon of pepper; on this lay meat, add pint boiling water (or water and stewed tomatoes); cover closely and cook 4 hours in moderate oven. If water evaporates rapidly, add more. Put meat on hot platter. Strain, thicken and season gravy. The vegetables may be served separately if desired.

BEEFSTEAK PIE—FRENCH STYLE

Take a nice piece of beef, rump or sirloin, cut in small slices; slice also a little raw ham; put both in a frying pan, with some butter and small quantity chopped onions; let them simmer together a short time on the fire or in the oven; add a little flour and enough stock to make sauce; salt, pepper, chopped parsley and Worcestershire sauce; add some sliced potatoes, and cook together 20 minutes; put this into a pie-dish, with a few slices of hard-boiled eggs on top, and cover with a layer of common paste; bake from 15 to 20 minutes in a well-heated oven; all dark-meat pie can be treated precisely in the same way.

CREAMED DRIED BEEF

Pick in small pieces ¼ pound of thinly-cut, rather moist dried beef and brown in a little butter; when brown pour it in a cup of milk; let it come to a boil and slightly thicken with a little butter and flour creamed together; when it boils pour it over a platter of brown toast and serve it at once.

BEEF A LA MODE

Take a piece of meat, cross-rib is best, put a slice of bacon or some lard in the bottom of pot, then the meat, and fill up with water till the meat is covered; then take 2 onions, some pepper-corns, cloves, bay leaves, 1 carrot and a crust of brown bread, salt and some vinegar; put all this in over the beef; keep the pot well covered; fill up with more hot water if it boils down, and let it boil 3 hours; then burn a tablespoon of flour, with some butter, a nice brown, thin with the gravy and let it boil up once more with the meat; then put the beef in a deep dish and strain the gravy over it; add more vinegar to taste. Serve with fried potatoes and red cabbage.

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CORNED BEEF

Should be cooked in plenty of cold water brought slowly to a boil; if very salt, the meat should be soaked over night; but if young and not too strongly brined this will not be necessary. It should be cooked long enough to make tender, so that in a brisket or plate piece the bones may be readily removed. Preserve the liquor in the pot, and if any of the meat remains after the first meal return it and let it stand over night in the liquor, so that it may absorb it. If no meat remains to be returned to the liquor, the latter will make a good soup for next day's dinner, if the beef was not too salt.

BEEF'S HEART STUFFED

After washing the heart thoroughly cut it into dice ½ inch long; put into a saucepan with water enough to cover; remove scum; when nearly done, add a sliced onion, a stalk of celery chopped fine, pepper and salt and a piece of butter; stew until the meat is very tender; stir up a tablespoon of flour with a small quantity of water and thicken the whole; boil up and serve.

BOILED BEEF TONGUE

Clean 3 fresh tongues and place in a kettle with just enough water to cover and 1 cup of salt; add more water as it evaporates, so as to keep the tongues covered until done, when they can be easily pierced with a fork; take out and if to be served at once remove the skin. If wanted for future use, do not peel until needed. If salt tongues are used, soak over night and omit the salt when boiling.

HASH

Take cold pieces of beef that have been left over and chop them fine; then add cold boiled potatoes chopped fine; add pepper and salt and a little warm water; put all in a frying pan and cook slowly for about 20 minutes.

TO ROAST A LEG OF PORK

Choose a small leg of fine young pork; cut a slit in the knuckle with a sharp knife and fill the space with sage and onions, chopped, and a little pepper and salt; when half done, score the skin in slices, but do not cut deeper than the outer rind. Apple sauce should be served with it.

SALT PORK, CREAM GRAVY, SOUTHERN STYLE

Cut sweet cured salt pork into ½-inch slices; put into saucepan, cover with cold water and bring to boiling point; drain off water, add cold water, stand a few minutes; roll in flour 2 parts, cornstarch 1 part, mixed and seasoned with white pepper; have 1 tablespoon of hot bacon fat in the frying pan to prevent pork from sticking; pour off fat as it melts while frying, brown and fry until reduced one-half. For 1½ cups cream gravy allow 3 spoons melted fat, add 2 level tablespoons cornstarch; cook 3 minutes in the hot fat without browning, then add 1½ cups milk, ⅛ teaspoon salt, and cook until smoothly thickened. Serve for breakfast with baked potatoes and hot biscuit.

VEAL LOAF

Three pounds chopped veal, 1 pound fresh pork chopped fine, 3 well-beaten eggs, butter size of an egg, 1 pint of bread crumbs, 1 tablespoon of salt, 1 teaspoon black pepper, ½ teaspoon each of thyme and sage. Make into loaf; take piece of white muslin and wrap securely, also the ends; place in a baking pan with very little water; baste often; turn so as to brown both sides; leave in cloth until cold.

CALVES LIVER AND BACON

Cut liver in ½-inch slices; soak in cold water 20 minutes; drain, dry and roll in flour. Have pan very hot; put in bacon thinly sliced, turn until brown; put on hot platter; fry liver quickly in the hot fat, turning very often; when done, pour off all but 1 or 2 tablespoons fat, dredge in flour until it is absorbed, and stir till brown; add hot water gradually to make smooth gravy, season and boil 1 minute; serve separately.

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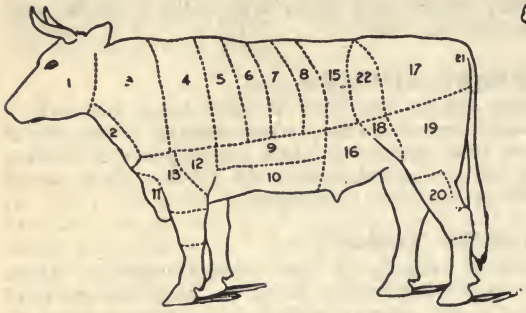
CUTS OF MEAT AND THEIR USES

Every housekeeper—in fact, everyone who has marketing to do—should know something of the cuts of all common meats, and the most desirable way of preparing each for the table. In the illustrations below are shown the location of these cuts:



BEEF

1. Head—Not used for food.
2. Sticking Piece. For Soups, Beef Tea, Stews, for making Corned Beef.
3. Neck. For Soups, Stews, Beef Tea, Boiling and Corned Beef.
4. Second and Third Chuck. Brown Stews, Braising, Steaks, poorer Roasts.
5. First Chuck. For Roasts.
6. First Cut of Ribs. For Roasts.
7. Middle Cut of Ribs. For Roasts.
8. Back Ribs. For Roasts.
9. Plate (no bones). Stews, Soups, Corned Beef.
10. Brisket. Stews, Brown Stews, Soups, Corning.
11. Butt-End Brisket. Soups, Stews, Corning.
12. Bolar (no bones). Corning, Cheap Roasts.
13. Bony end of Shoulder. For Soups,
14. Shin. For Soups.
15. Loin (including Tenderloin and Sirloin). For Roasts and Steaks. (A choice selection.)
16. Flank or Skirt. Rolled Steaks, Braising, Boiling, Corned Beef.
17. Rump. Roasts and Steaks. (This should be cut across the grain.)
18. Veiny Piece. For Stews and Soups.
19. Round. Stews, Beef Tea, poorer Steak.
20. Leg. Soups and Stews.
21. Tail. For Soups.
22. Pin Bone. For Roasts.

The bones, gristle, tendons and other gelatinous portions are good for soup stock.

MUTTON

1. Shoulder. For Boiling.
2. Breast. Roast, Stews and Chops.
3. Loin. Best end for Roasts, Chops.
4. Neck. Best end for Cutlets, Stews, Pies.
5. Neck. For Stewing Pieces.
6. Head. Not used.
7. Loin. For Roasts, Chops.
8. Leg. For Roasts, Boiling.

This page contributed by Plath's Market, W. 605 Sprague Ave.

SOUPS

CONSOMME OR PLAIN MEAT STOCK FOR SOUP

Consomme or stock forms the basis of all meat soups, gravies and purees. The simpler it is made the longer it keeps. It is best made of fresh, uncooked beef and some broken bones, to which may be added the remnants of broken meats. In a home where meat forms part of the every-day diet, a good cook will seldom be without a stock-pot.

Four pounds of beef and broken bones, 1 gallon of cold water and 2 teaspoons of salt. Put the meat and water on the back of the stove and let it slowly come to a boil, then simmer 3 or 4 hours, until the water is boiled away ½; add the salt, strain and set to cool in an earthenware dish well covered; when cold, take off the fat from the top and it is ready for use. To make soup for a family of 6, take ¼ of the stock, to which add ¼ of boiling water and any vegetable desired; boil 3 hours; season with salt and pepper.

BARLEY BROTH

Put 12 pounds of shin beef in 1 gallon of water; add a cup of pearl barley, 3 large onions and a small bunch of parsley minced, 3 potatoes sliced, a little thyme and pepper and salt to taste; simmer steadily 3 hours, and stir often, so that the meat will not burn. Do not let it boil. Always stir soup or broth with a wooden spoon.

VEGETABLE SOUP WITH STOCK

Cut 3 onions, 3 turnips, 1 carrot and 4 potatoes; put them into a stewpan with 2 tablespoons of butter and a teaspoon of powdered sugar; after it has cooked 10 minutes, add 2 quarts of stock, and when it comes to a boil put aside to simmer until the vegetables are tender, about ½ hour.

CHICKEN GUMBO SOUP

Fry 1 chicken; remove the bones; chop fine; place in kettle with 2 quarts of boiling water, 3 ears of corn, 6 tomatoes, sliced fine, 24 pods of okra; corn, tomatoes and okra to be fried a light brown in the gravy left from frying the chicken; then add to the kettle with water and chicken 2 tablespoons of rice, pepper and salt; boil slowly 1 hour.

NOODLES FOR SOUP

Take 2 eggs, butter the size of a walnut, 3 tablespoons sour cream, sufficient flour to make a rather stiff dough; knead, roll out very thin and cut in narrow strips; cook ½ hour or less.

POTATO SOUP

To 1 quart of water use 1 onion sliced fine and 10 large potatoes sliced fine; boil until tender, about 30 minutes, then add 1 cup milk, 1 tablespoon of flour stirred with a lump of butter the size of a walnut and salt and pepper to taste; serve hot.

MACARONI SOUP—ITALIAN STYLE

Put 4½ sticks of macaroni into a saucepan with 1 tablespoon of butter and 1 onion; boil until the macaroni is tender; when done, drain and pour over it 2 quarts of good broth, beef, chicken or other kind; place the pan on the fire to simmer for about 10 minutes, watching lest it break or become pulpy; add a little grated Parmesan cheese and serve.

CHICKEN SOUP

Time, 4 hours. Boil 2 chickens with great care, skimming constantly, and keeping them covered with water; when tender, take out the chickens and remove every bone from the meat; put a large piece of butter into a frying pan and sprinkle the chicken meat well with flour; lay in the hot pan; fry a nice brown and keep it hot and dry; take a pint of the chicken water and stir in 2 large spoons of curry powder, 2 of butter and 1 of flour, 1 teaspoon of salt and a little cayenne; mix it with the broth in the pot; when well mixed, simmer 5 minutes, then add the browned chicken; serve with rice.

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CREAM OF TOMATO SOUP

One can tomatoes (2 pounds), 2 small onions, 1 teaspoon salt, 1 teaspoon sugar, ½ teaspoon soda, ¼ teaspoon pepper, dash of cayenne pepper, small sprig of celery or dash of celery salt, 1 cup of milk diluted with equal amount of water. Boil all but the milk together for 20 minutes; strain through a colander; add the milk, which has first been warmed, and then let the mixture come to a boiling point; serve at once.

CREAM OF CELERY SOUP

In 5 pints of boiling water cook 3 cups of celery, cut fine, until tender enough to be rubbed through a sieve; ½ pint of milk thickened with 1 tablespoon of butter and 1 tablespoon of flour; add celery salt or extract, salt and pepper; simmer 10 minutes; a cup of scalded milk added just before serving is an addition.

CLAM BROTH

Wash thoroughly 6 large clams in shell; put in kettle with 1 cup of water; bring to boil and keep there 1 minute; the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CLAM CHOWDER

Twenty-five clams, chopped, not fine, ½ pound salt pork chopped fine, 6 potatoes sliced thin, 4 onions sliced thin. Put pork in kettel; after cooking a short time add potatoes, onions and juice of clams; cook 2½ hours, then add clams; 15 minutes before serving add 2 quarts milk.

OX-TAIL SOUP

One ox tail, 2 pounds lean beef, 4 carrots, 3 onions, parsley, thyme, pepper and salt to taste, 4 quarts cold water. Cut tail into joints, fry brown in good drippings; slice onions and 2 carrots and fry in the same, when you have taken out all of the pieces of tail; when done tie the thyme and parsley in lace bag and drop into the soup pot; put in the tail, then the beef cut into strips; grate over them 2 whole carrots; pour over all the water and boil slowly 4 hours; strain and season; thicken with brown flour wet with cold water; boil 15 minutes longer and serve.

TURKEY SOUP

Place the remains of a cold turkey and what is left of the dressing and gravy in pot and cover it with cold water; simmer slowly 4 hours and let stand until the next day; take off what fat may have arisen and take out with a skimmer all the bits of bones; put the soup on to heat until at boiling point, then thicken slightly with flour stirred into a cup of milk and season to taste; pick off all the meat from bones, put it back into the soup, boil up and serve.

MUTTON BROTH

Place in a kettle 3 pounds of a neck of mutton from which the fat has been cut, and chopped into small pieces, with 6 pints of water; boil, skim, set the pan to the rear of the stove where it can simmer for an hour; add 3 ounces of washed rice, with a turnip and some celery; simmer for 2 hours; strain, free from fat and salt.

BEEF TEA

Take 2 pounds of lean rump beef, remove all fat, cut into small pieces and place in a tightly corked bottle; place the bottle in a deep saucepan of cold water, reaching two-thirds of the way to the top of the bottle; place over a slow fire and keep it boiling slowly for 15 minutes; take out the bottle, pour out the liquor and use as required.

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EGGS

HAM AND EGGS

Fry the ham quickly; remove from the pan as soon as done; drop the eggs, one at a time, into the hot fat; be careful not to let the yolks break and run, and keep the eggs as much separated as possible, to preserve their shape. The ham should be cut in pieces the right size to serve and, when the eggs are done, one should be laid on each piece of ham. If any eggs remain, they can be placed uniformly on the edge of the platter.

OMELET SOUFFLE

Take 3 eggs, 2 ounces of butter, 1 dessertspoon of chopped parsley, 1 saltspoon of chopped onions, 1 pinch of dried herbs. Beat the whites of the eggs to a very stiff froth; mix the yolks with the parsley and a little salt and pepper; stir the herbs gently into them and continue as in a plain omelet; fold the omelet and serve immediately.

OMELET

Six eggs, whites and yolks, beaten separately; 1/3 pint milk, teaspoon cornstarch, 1 teaspoon baking powder and a little salt; the whites, beaten to a stfif froth, last; cook in a little butter.

SPANISH OMELET

Chop 2 large onions fine, let brown; add garlic to taste or about 2 buttons, ½ can tomatoes, dash red pepper, 2 or 3 small chilis, salt to taste; cook all well done. Beat 6 eggs thoroughly and pour over; let brown and fold.

SCRAMBLED EGGS

Beat 3 eggs slightly, add ¼ cup milk or water and sprinkle with pepper; cook in hot buttered frying pan, using 1 teaspoon butter, stirring constantly until thick; serve hot.

OMELET AU NATURAL

Break 8 or 10 eggs into a basin; add a little salt and pepper, with a tablespoon of water; beat the whole well with a spoon or whisk; in the meantime put some fresh butter into an omelet pan, and when it is nearly hot, put in an omelet; while it is frying, with a skimmer spoon raise the edge from the pan that it may be properly done; when the eggs are set and one side is a fine brown, double it half over and serve hot. These omelets should be put quite thin in the pan; the butter required for each will be about the size of a small egg.

EGGS A LA MODE

Remove skin from 10 tomatoes, medium size; cut in a saucepan; add butter, pepper and salt; when sufficiently boiled beat up 5 or 6 eggs and just before you serve turn them into the saucepan with the tomatoes and stir them 1 way for 2 minutes, allowing time to be well cooked.

BUTTERED EGGS

Melt 1 tablespoon butter, slip in an egg and cook until the white is firm; turn over once while cooking, and use just enough butter to keep it from sticking.

BREAD OMELET

Soak 2 tablespoons bread crumbs in 2 tablespoons milk for 15 minutes; add pinch each salt and pepper; separate egg yolk and white, beat until light; add yolk to bread and milk and cut in the white; turn in the heated buttered pan, using ½ teaspoon butter, and cook until set; fold and turn on heated dish.

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FRIED EGGS

Fried eggs are cooked as buttered eggs without being turned. They are usually fried with bacon fat, which is taken by spoons and poured over the eggs. Do not have the fat too hot, as that will give the egg a hard, indigestible crust.

EGGS AND BACON

Cut 8 slices of bacon very thin and fry until crisp; take them out and keep hot in the oven; break 4 eggs separately into the boiling fat and fry until brown; serve with the eggs laid over the bacon, and small fried pieces of bread placed around. Hash may be used instead of bacon.

POACHED EGGS

Have the water boiling and the toast moistened in a little salt water and buttered; break the eggs, one by one, carefully into the water; let them boil till the white sets; remove with an egg slice; pare off the ragged edges and lay each egg upon a slice of toast; put over bits of butter, salt and pepper. Eggs require to be quite fresh to poach nicely.

EGGS A LA CARACAS

Chop finely 2 ounces smoked dried beef freed from fat and outside skin; add 1 cup tomatoes, ¼ cup grated cheese, a few drops of onion juice and a few grains each of cinnamon and cayenne; melt 2 tablespoons butter; add mixture, and when heated add 3 eggs slightly beaten; cook until of a creamy consistency, stirring continually and scraping from bottom of pan.

CURRIED EGGS

Boil 8 eggs hard and cut into thick slices; cook together in a saucepan a tablespoon of butter and a heaping tablespoon of flour into which has been stirred a teaspoon of curry powder; stir until smooth, then add a large cup of skimmed soup stock and cook, stirring all the time, to a smooth paste; if too thick, add more stock; when smooth and of the consistency of cream, add salt and pepper to taste and lay into the sauce the sliced eggs, sprinkled lightly with salt; cook until very hot.

EGGS AND TOMATOES

Scrambled eggs with tomatoes make an appetizing luncheon dish. Take 2 good-sized tomatoes, peel, cut them in pieces and fry them in a little hot olive oil; when cooked drain off the liquid and take 4 eggs, well beaten; add some milk and scramble; mix the tomatoes with the eggs, seasoning with salt and pepper to taste. Serve on thin slices of toast.

EGGS AND SPAGHETTI

Take spaghetti and cook it with a cup of grated cheese. When the spaghetti and cheese are cooked, add slices of hard-boiled eggs. Serve in a bowl garnished with pieces of soft toast.

Among many other excellent dishes made with this paste are fried chicken with spaghetti and tomato jelly and macaroni au gratin in an Edam cheese case.

EGGS IN BAKED POTATOES

Six eggs; 6 potatoes, 6 tablespoons grated cheese, 6 tablespoons butter. Bake the potatoes; cut off the top and remove ½ of the inside of potato; in its place drop an egg raw; salt, cayenne pepper, 1 teaspoon cheese in each and 1 teaspoon butter; put back into a hot oven for 4 minutes.

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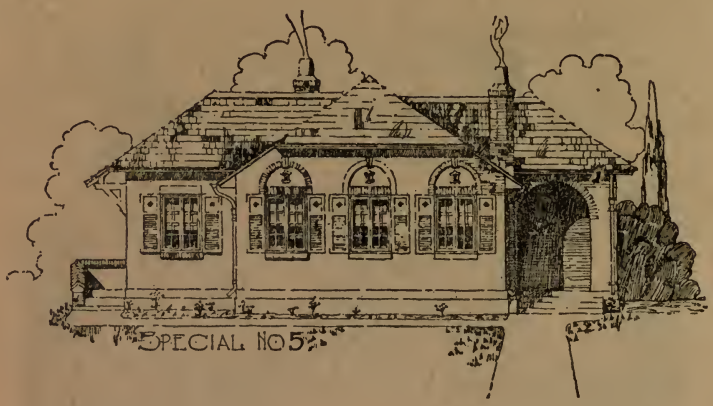

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POULTRY and GAME

HOW TO SELECT POULTRY

In selecting poultry full-grown fowls have the best flavor, provided they are young. The age may be determined by turning the wing backward; if it yields, it is tender. The same is true if the skin on the leg is readily broken. Older poultry makes the best soup. The intestines should be removed at once, but frequently in shipping they are left in and hence, when removed, the fowl needs washing in several waters. The next to the last water should contain ½ teaspoon of baking soda, which sweetens and renders all more wholesome. The giblets are the gizzard, heart, liver and neck.

ROAST TURKEY

Carefully pluck the bird and singe off the down with lighted paper; break the leg bone close to the foot, hang up the bird and draw out the strings of the thigh. Never cut the breast; make a small slit down the back of the neck and take out the crop that way, then cut the neck bone close, and after the bird is stuffed the skin can be turned over the back and the crop will look full and round. Cut around the vent, making the hole as small as possible, and draw carefully, taking care that the gall bag and the intestines joining the gizzard are not broken. Open the gizzard, take out the contents and detach the liver from the gall bladder. The liver, gizzard and heart, if used in the gravy, should be boiled 1½ hours and chopped as fine as possible. Wash the turkey and wipe thoroughly dry, inside and out; then fill the inside with stuffing, and sew the skin of the neck over the back. Sew up the opening at the vent, then run a long skewer into the pinion and thigh through the body, passing it through the opposite pinion and thigh. Put a skewer in the small part of the leg, close on the outside, and push it through. Pass a string over the points of the skewers and tie it securely at the back.

Sprinkle well with flour, cover the breast with nicely-buttered white paper, place on a grating in the dripping pan and put in the oven to roast. Baste every 15 minutes, a few times with butter and water, and then with the gravy in the dripping pan. Do not have too hot an oven. A turkey weighing 10 pounds will require 3 hours to bake.

ROAST GOOSE

Get a goose that is not more than 8 months old, and the fatter it is the more juicy the meat. The dressing should be made of 3 pints of bread crumbs, 6 ounces of butter, a teaspoon each of sage, black pepper and salt and chopped onions. Don't stuff very full, but sew very closely, so that the fat will not get in. Place in a baking pan with a little water and baste often with a little salt, water and vinegar. Turn the goose frequently so that it may be evenly browned. Bake about 2½ hours. When done, take it from the pan, drain off the fat and add the chopped giblets, which have previously been boiled tender, together with the water in which they were done. Thicken with flour and butter rubbed together; let boil, and serve.

BAKED CHICKEN

Take a plump chicken, dress and lay in cold salt water for ½ hour; put in pan, stuff and sprinkle with salt and pepper; lay a few slices of fat pork over; cover and bake until tender, with a steady fire; baste often; turn so as to have uniform heat.

BOILED CHICKEN

Clean, wash and stuff as for roasting. Baste a floured cloth around each and put into a pot with enough boiling water to cover them well. The hot water cooks the skin at once and prevents the escape of the juices. The broth will not be so rich as if the fowls are put on in cold water, but this is proof that the meat will be more nutritious and better flavored. Stew very slowly, for the first half hour especially. Boil an hour or more, guiding yourself by size and toughness. Serve with egg or bread sauce.

CHICKEN FRICASSEE

Clean and disjoint chicken; wipe each piece; put in pot, cover with boiling water and simmer till tender; to the liquor add ¼ cup or more hot diluted milk, thicken with flour dissolved in cold water; season well; boil up for a few minutes; serve with dumplings or biscuit.

FRIED CHICKEN

A chicken for frying should be very young, but if there are doubts as to its age, before cutting it up parboil it for 10 minutes in water that has been slightly salted. Sprinkle with salt and pepper and roll them in flour; fry in plenty of butter till done. It takes 20 minutes to fry them. Put the chicken on a platter, make a gravy by turning off some of the fat and adding ½ cup of milk and ½ cup water that has been thickened with 1 tablespoon of flour; pour this gravy over it; or the gravy can be omitted and the platter can be garnished with crisp lettuce leaves.

CHICKEN CROQUETTES

Cut up fine any kind of cold fowl, season with salt, pepper and butter, a little onion; stir in 2 fresh eggs; make in cakes, dip in beaten egg, then in cracker crumbs and fry in boiling lard or lard and butter mixed.

FRIED SPRING CHICKEN

Clean and disjoint, then soak in salt water for about 2 hours; put in frying pan equal parts of lard and butter, enough to cover chicken; roll each piece in flour, dip in beaten egg, then roll in cracker crumbs and drop into boiling fat; fry until browned on both sides; serve on flat platter garnished with sprigs of parsley; pour most of the fat from frying pan; thicken remainder with browned flour, add to it 1 cup of boiling milk; serve in gravy bowl.

CHICKEN POT PIE

Two large chickens disjointed and boiled in 2 quarts water; add a few slices salt pork; season; when nearly cooked, add crust made of 1 quart flour, 4 teaspoons baking powder, 1 teaspoon salt; stir in stiff batter with water; drop into kettle while boiling; cover close and cook 25 minutes.

CHICKEN—SOUTHERN STYLE

Wash your chicken thoroughly in soda and water; dry and disjoint; put 1½ cups of cold water in a porcelain pot (Dutch oven preferred); pack chicken in closely; mince 2 small onions, 1 kernel garlic, little parsley and sprinkle over chicken; cover closely and let simmer for 3 hours; ¼ hour before done season with salt and pepper. Don't lift cover during the cooking. When done remove chicken and thicken gravy with a little flour.

WILD DUCKS

Nearly all wild ducks are liable to have a fishy flavor, and when handled by inexperienced cooks, are sometimes uneatable from this cause. Before roasting them guard against this by parboiling them with a small carrot, peeled, put within each. This will absorb the unpleasant taste. An onion will have the same effect; but unless you mean to use onion in the stuffing, the carrot is preferable.

ROAST WILD DUCKS

Parboil as above directed; throw away the carrot or onion; lay in fresh water ½ hour; stuff with bread crumbs, season with pepper, sage, salt and onion; roast until brown, basting for half the time with butter and water, then with drippings; add to the gravy, when you have taken up the ducks, a teaspoon of currant jelly and a pinch of cayenne pepper; thicken with browned flour and serve in a tureen.

RABBIT PIE

Cut a rabbit into 7 pieces, soak in salted water ½ hour and stew until half done in enough water to cover it; lay slices of pork in the bottom of a pie dish and upon these a layer of rabbit; then follow slices of hard-boiled egg, peppered and buttered; continue until the dish is full, the top layer being bacon; pour in the water in which the rabbit was stewed, and adding a little flour, cover with puff paste; cut a slit in the middle and bake 1 hour, laying paper over the top should it brown too fast.

Sauces

WHITE SAUCE

2 Cups Milk
2 Tablespoons Cornstarch
2 Tablespoons Butter
Salt and Pepper to Taste

Rub the butter and cornstarch together and add the cold milk. Place over a moderate fire and stir constantly till it boils; cook thoroughly. This sauce may be used for vegetables. For fish, add hard-boiled eggs, either chopped or sliced.

CAPER SAUCE

2 Tablespoons Butter
2 Tablespoons Flour
1 Tablespoon Cornstarch
2 Cups Milk
1 Teaspoon Vinegar
3 Tablespoons Capers
Salt and Pepper to Taste

Rub butter, flour and cornstarch to a paste. Add the milk and stir over moderate fire till it thickens. Add vinegar, capers and seasoning. Serve with lamb or mutton.

VELVET SAUCE

4 Tablespoons Butter
1½ Tablespoons Flour
2 Tablespoons Cornstarch
1 Quart Chicken or Veal Stock
½ Cup Mushroom Liquor
6 Whole Peppers
Salt and Dash of Nutmeg

Combine as directed in white sauce, using stock in place of milk. Boil 20 minutes. Skim and simmer for 1 hour. Strain and season if necessary. Add a few drops of kitchen bouquet.

TOMATO SAUCE

1 Pint Tomatoes
1 Large Slice Onion
2 Tablespoons Butter
1½ Tablespoons Cornstarch
Salt and Pepper to Taste

Directions: Put the onion and bay leaf into the tomatoes and simmer gently 20 minutes. Rub through a strainer and add to the butter and cornstarch previously rubbed together. Stir over a moderate fire till it boils and season to taste. Cook thoroughly.

LOBSTER SAUCE

1 Lobster
1½ Tablespoons Cornstarch
1/5 Teaspoon Cayenne Pepper
1 Pint Boiling Water
Lemon Juice

Directions: Cut the lobster into dice; rub the "coral" to a paste with part of the butter. Make a sauce of the cornstarch, rest of butter and water; add the coral and season to taste with lemon juice and salt; simmer 5 minutes and strain over the diced lobster. Boil up once and serve.

PARSLEY SAUCE

Make a white sauce and add chopped parsley and a little lemon juice. Serve with fish.

POULETTE SAUCE

Add a cup of cream and the yolks of 2 eggs beaten together until they are light to cream sauce and a little paprika.

NEWBURG SAUCE

Make Poulette Sauce. As soon as you have removed it from the fire add a few tablespoons of white wine.

CREAMED CHICKEN GRAVY

Pour desired amount of milk into pan where chicken has been fried. Season with butter, salt and pepper, and thicken with cornstarch rubbed smooth with a little cold milk.

ROAST BEEF SAUCE

Remove roast from pan and pour off all the fat except one good tablespoon. Add one tablespoon of cornstarch. Put over the fire and cook, stirring constantly till well browned. Add gradually, stirring all the time, 1 pint of boiling water, and cook till thick and smooth. All brown gravies may be made from this recipe.

HORSERADISH SAUCE

A good-sized stick of horseradish is required, which should be grated into a bowl and a teaspoon of mustard, a little salt, ¼ pint of cream and vinegar to taste added. Stir all well together.

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STUFFINGS

CHESTNUT STUFFING FOR POULTRY

One pint fine bread crumbs, 1 pint shelled and boiled French chestnuts chopped fine, salt, pepper and chopped parsley to season, ½ cup melted butter.

OYSTER STUFFING FOR POULTRY

Substitute small raw oysters, picked and washed, for chestnuts in above recipe.

CELERY STUFFING

Substitute finely-cut celery for chestnuts.

STUFFING FOR TOMATOES, GREEN PEPPERS, ETC.

One cup dry bread crumbs, 1/3 teaspoon salt, ¼ teaspoon pepper, 1 teaspoon onion juice, 1 tablespoon chopped parsley, 2 tablespoons melted butter. Hominy, rice or other cooked cereal may take the place of crumbs.

LAMB AND VEAL STUFFING

Three cups stale bread crumbs, 3 onions chopped fine, 1 teaspoon salt, ½ teaspoon white pepper, 2 tablespoons chopped parsley, ½ cup melted butter or suet.

STUFFING FOR PORK

Three large onions parboiled and chopped, 2 cups fine bread crumbs, 2 tablespoons powdered sage, 2 tablespoons melted butter, or pork fat, salt and pepper to taste.

SAGE STUFFING FOR GEESE AND DUCKS

Two chopped onions, 2 cups mashed potatoes, 1 cup bread crumbs, salt, pepper and powdered sage to taste.

POULTRY STUFFING

One quart stale bread crumbs, salt, pepper and powdered thyme to season highly, ½ cup melted butter.

BREAD STUFFING FOR MEAT OR POULTRY

Soak 1 quart stale bread (in pieces) in cold water and squeeze dry; season with 1 teaspoon salt, ⅛ teaspoon pepper, 1 teaspoon ginger, ¼ teaspoon poultry seasoning and ½ teaspoon onion; add 2 tablespoons fat drippings, melted; mix thoroughly; add an egg, slightly beaten; add heart, liver and tender parts of gizzard chopped fine and partially boiled.

TURKEY STUFFING—ST. JAMES

Chop together the liver of the turkey and 1 small onion; stir these in a saucepan over the fire, but do not brown, for about 10 minutes; then mix the contents into a pound of sausage meat; when thoroughly mixed, add about 2 dozen whole chestnuts which have been shelled, blanched and cooked until tender in boiling, salted water.

DUMPLINGS FOR STEWS

One and one-half cups flour, 3 teaspoons baking powder, 2 tablespoons butter, cut through with a fork, ½ teaspoon salt and enough milk to make soft dough; drop small spoons into boiling stew; water just to the top of the meat; cover tightly and let boil slowly undisturbed for 15 minutes. Do not place dumplings on top of each other.

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SALADS

IDEAS IN SALADS

Prepare celery stalks very carefully by removing the stringy fiber until entirely free from shreds; chop quite fine, and to 2 cups of celery add 2 cups of chopped lettuce, the latter crisp and fresh as possible; season with salt, pepper and thyme, vinegar, olive oil, bay leaf; if possible, add ½ teaspoon shoyu, or Japanese sauce, which greatly improves the flavor; mix all thoroughly and then add crab, shrimp, sardine, spiced mackerel or halibut filling. Boiled halibut, chilled in salt water, makes a good combination with crab, and when broken into small portions and allowed to stand for 1 hour or so, in the same salt water with crab, can with difficulty be distinguished from the crab itself. For sardine, potato and meat salads, a tablespoon of onion juice is desirable.

Make mayonnaise dressing by using the yolks of 3 or 4 eggs, according to the quantity desired, and after beating add, drop by drop, pure olive oil, stirring constantly until the mixture begins to thicken; then a larger quantity of oil may be stirred in until the mixture becomes of proper consistency, about like heavy cream; do not season until thickened for fear of curdling. Salt very sparingly, and if desired sift in a little cayenne pepper, a few drops of lemon, 2 teaspoons of spiced mustard vinegar from mustard pickles.

CHICKEN SALAD

Cut cold roast or boiled chicken in small dice; add celery cut fine; season with salt and pepper; mix with French dressing and put aside for an hour or more; just before serving stir in some mayonnaise slightly thinned with lemon juice or French dressing; arrange on lettuce leaves and cover with thick mayonnaise.

CRAB SALAD

One pint of crab meat, 2 stalks of celery, cut fine, 1 hard-boiled egg, chopped fine, and 1 tomato cut into small pieces; season with salt, pepper and vinegar; mix in salad bowl, garnishing it with crisp leaves of lettuce; dress with mayonnaise dressing.

LOBSTER SALAD

Cut the lobster into small squares and season with 2 tablespoons of vinegar, 2 of oil, 1 teaspoon of salt and pepper and let it stand in a cool place for an hour; when ready to serve line the salad bowl with crisp lettuce leaves, and after mixing the lobster thoroughly with mayonnaise place it on the lettuce; serve with toasted crackers and cheese.

HOT SLAW

Pick off the bad leaves from head of small cabbage; slice or cut the cabbage very thin; scald it 5 minutes in 2 quarts of boiling water and drain through a colander; mix it well with a sauce made of ¼ cup of hot vinegar, 1 cup of sour cream, yolks of 2 eggs, 3 tablespoons of oil, salt and pepper to taste.

COLD SLAW

Chop or shred a small white cabbage; prepare a dressing in the proportion of 1 tablespoon of oil to 4 of vinegar, 1 teaspoon mustard, salt and sugar and pepper; pour over the salad, adding, if you choose, 3 tablespoons of minced celery; toss up well and put in a glass bowl.

POTATO SALAD

Four large potatoes, ½ a small onion, a little celery, chopped fine. If the potatoes have been boiled in their skin they are better. The dressing consists of 1 cup of cream, 1 tablespoon of cornstarch, 1 egg, 2 tablespoons of butter, 3 tablespoons of vinegar, ½ teaspoon of mustard, 1 of sugar, salt and pepper to taste.

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EGG SALAD

Cut hard-boiled eggs in half lengths, rub their yolks through a sieve, mix with equal weight of Parmesan cheese, season wtih chopped chives, pepper and salt, and enough butter to moisten; fill the whites with this mixture, serve on lettuce and garnish with sliced tomatoes.

CRAB MEAT A LA NEWBURG

Clean and pick 2 nice large fresh crabs; place in a saucepan about 1 ounce of butter; when melted, add the picked crab meat; season with ½ pinch of cayenne pepper, 2 pinches of salt; let simmer slowly for 2 minutes. then add cream to just cover it; let come to a boil; place 3 yolks of eggs in a bowl with 1/3 cup milk; beat well together and add it to the crab; stir gently for a few minutes till it thickens, but do not boil; serve in a hot casserole or tureen. Serve thin slices of freshly-made hot toast on the side.

Same recipe for Shrimp or Lobster a la Newburg.

MAYONNAISE DRESSING

Put the yolk of 1 egg into 1 cup with salt-spoon of salt and beat until light, ½ teaspoon of mustard and beat again; then add olive oil, drop by drop, then a few drops of vinegar and the same of lemon juice; continue this process until the egg has absorbed a little more than ½ a teacup of oil; finish by adding a very little cayenne pepper and sugar.

FRENCH DRESSING

Mix ¼ teaspoon of salt, dash of white pepper, 3 tablespoons olive oil; stir for few minutes, then gradually add 1 tablespoon vinegar, stirring rapidly until mixture is slightly thickened and vinegar cannot be noticed. Mixture will separate in about 20 minutes.

FRUIT SALAD

Mix ½ cup chopped walnuts, 2 apples, sliced thin, ½ cup chopped celery and lettuce leaves and serve with cooked salad dressing.

NUT SALAD

Take equal portions of English walnut, hickorynut and pecan meats; add twice as much chopped celery as nut meats; pour over all a good salad dressing and serve at once on lettuce leaves.

THREE-MINUTE MAYONNAISE

Mix ½ teaspoon salt, pinch cayenne or paprika and ⅛ teaspoon mustard in a bowl; add 2 teaspoons lemon juice or vinegar and carefully put in 1 whole egg and 1 egg yolk so as not to break yolk; pour in ½ cup salad oil and beat with an egg beater until blended; continue until the oil is all added.

CELERY SALAD

Two bunches celery, 1 tablespoon salad oil, 4 tablespoons of vinegar, 1 teaspoon of sugar, pepper and salt. Wash and scrape celery; lay in ice-cold water until dinner time; then cut into inch lengths, add above seasoning; stir well together with fork and serve in salad bowl.

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PINEAPPLE AND PEAR SALAD

2 Cups Diced Pineapple
1 Cup Diced Pears
½ Cup Cheese cut in small pieces
½ Cup Chopped Walnuts

Mix with ½ cup of Mrs. Randall's Cream Salad Dressing, to which has been added ¼ cup whipped cream. Serve in orange baskets on lettuce leaves.

BEET SALAD

Boil 6 new beets of uniform size until tender; drain; cover with vinegar; let stand over night; drain from vinegar; rub off skins and scoop out the center, so as to form a cup; arrange in nests of crisp lettuce leaves. Chop fine 1 cucumber, 3 new onions and 2 radishes. Mix all lightly with Mrs. Randall's Mayonnaise Dressing; fill cups with mixture and garnish with mayonnaise and bits of beets.

TUNA FISH SALAD

Three cups tuna fish, picked to small pieces with fork, 1 cup celery, 1 cup finely chopped cabbage, ½ cup shredded almonds. Combine with Mrs. Randall's Thousand Island Dressing and serve on lettuce leaves. Garnish with hard boiled eggs and strips of pimentos.

ENDIVE AND GREEN PEPPER SALAD

Separate the leaves of three heads of crisp endive; put these together in faggots; slip each faggot through a ring of green pepper; arrange on heart leaves of lettuce and pour over Mrs. Randall's Thousand Island Dressing.

CHICKEN SALAD

1 Pint Cold Diced Chicken
1 Cup Finely Chopped Celery
1 Hard Boiled Egg
½ Cup Broken Walnut Meats
½ Teaspoon Salt
Dash Pepper
1 Cup Mrs. Randall's Mayonnaise

Garnish with olive and sliced hard boiled eggs. Serve on lettuce leaves.

SHRIMP SALAD

3 Cups Finely Chopped Cabbage
3 Cups Diced Celery
1 Green Pepper, cut in shreds
1 Cup Shrimps, cut in pieces
2 Hard Boiled Eggs

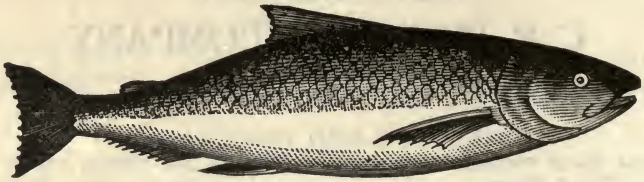
Combine with Mrs. Randall's Olive Salad Dressing. Serve on crisp lettuce leaves.

MACARONI SALAD

Cook until tender 1 cup macaroni in salt water; put in colander and run cold water over until chilled; drain and combine with 1 tablespoon minced onion, 1 cup finely chopped celery, ½ cup shredded cabbage, ¼ cup pimentos; blend with 1 cup Mrs. Randall's Olive Salad Dressing.

PINEAPPLE AND PRUNE SALAD

Cook 18 large dried prunes until tender; drain and let stand until cold, then stuff with the following mixture: ¼ cup chopped walnut meats, ¼ cup each minced dates and raisins. Arrange 3 prunes on ring of pineapple. Serve with Mrs. Randall's Cream Salad Dressing on heart leaves of lettuce.



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FISH —and SHELL FISH

TO FRY FISH

After the fish is well cleansed, lay it on a folded towel and dry out all the water; when well wiped and dry, roll it in wheat flour, rolled crackers, grated stale bread or cornmeal, whichever may be preferred; have a thick-bottomed frying pan with plenty of sweet lard salted (a tablespoon of salt to each pound of lard) for fresh fish which have not been previously salted; let it become boiling hot, then lay the fish in and let it fry gently until one side is a fine, delicate brown, then turn the other; when both are done take it up carefully and serve quickly, or keep it covered with a tin cover, and set the dish where it will keep hot.

TO BROIL FISH

Rub the bars of your gridiron with dripping or a piece of beef suet to prevent the fish from sticking. Put a good piece of butter into a dish, enough salt and pepper to season the fish; lay the fish on it when it is broiled, and with a knife put the butter over every part; serve very hot.

TO BAKE FISH WHOLE

Cut off the head and split the fish down nearly to the tail; prepare a dressing of bread, butter, pepper and salt; moisten with a little water; fill the dish with this dressing and bind it together with a piece of string; lay the fish on a bake-pan and pour round it a little water and melted butter; baste frequently. A good-sized fish will bake in an hour. Serve with the gravy of the fish, drawn butter.

BROILED SALT MACKEREL

Freshen by soaking it over night in water, being careful that the skin lies uppermost; in the morning dry it without breaking; cut off the head and tip of the tail; place it between the bars of a buttered fish-gridiron and broil to a light brown; lay it on a hot dish, and dress with a little butter, pepper and lemon juice and vinegar.

CODFISH BALLS

Put fish in cold water, set on back of stove; when water gets hot, pour off and put cold on again until fish is sufficiently fresh; then pick it up; boil potatoes and mash them; mix fish and potatoes together, while potatoes are hot, taking 2/3 potatoes and 1/3 fish; put in plenty of butter; make into balls and fry in plenty of lard; have lard hot before putting in balls. Variation may be had by rolling each ball in beaten egg, then in dry bread crumbs before frying.

BOILED SALMON

Sew as many pounds as desired up in a cheese-cloth bag and boil for 15 minutes to the pound, in slightly salted water. When done, take out and lay upon a dish, being careful not to break the fish.

CREAM SAUCE

Prepare a small cup of cream sauce, in which has been stirred a teaspoon of minced parsley and the juice of ¼ of a lemon. Pour over the salmon and serve. Garnish with parsley. The choicest portion of the salmon is that at the center and toward the tail.

CREAMED FISH

Pick (not shred) 1 cup of codfish; place in a spider and fill and cover with cold water; stir a moment over the fire and pour off the water; stand on the stove; cover the fish with 1½ pints of milk, also a large tablespoon of butter; stir into 1 cup milk 2 tablespoons of flour and when the milk on the stove is about to boil mix this with it; when the mixture has thickened stand where it will boil no longer and stir into it 1 egg. Serve at once.

FISH BALLS

The remnants of any cold fish can be used by breaking the fish to pieces with a fork, removing all the bones and skin and shredding very fine; add an equal quantity of mashed potatoes; make into a stiff batter with a piece of butter and some milk and a beaten egg; flour your hands and shape the mixture into balls; fry in boiling lard or drippings to a light brown.

CHAFING DISH RECIPE

Skin the fish and lay on brown paper for a few minutes; then dip in beaten egg and roll in finely powdered cracker crumbs; place butter in a chafing dish

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so that when melted it will cover bottom of the dish to the depth of ⅝ of an inch; when hot, place the sardines in and cook until nicely browned, being careful not to let them burn. Serve on a lettuce leaf with mayonnaise dressing.

FRIED OYSTERS

Twenty-four large oysters, 1 teaspoon salt, ⅛ teaspoon pepper, ½ cup bread crumbs, 1 egg. Clean and drain select oysters; roll in bread crumbs, seasoned with salt and pepper; let stand 15 minutes or more, then dip in beaten egg, roll in crumbs again, let stand again 15 minutes or more in a cool place, and fry 1 minute or until golden brown in deep hot fat; drain on paper; serve on hot platter and garnish with parsley, sliced pickle or lemon. Serve with French fried potatoes.

DEVILED CRAB

One cup crab meat, picked from shells of well-boiled crabs; 2 tablespoons fine bread crumbs or rolled crackers, yolk 2 hard-boiled eggs, chopped, juice of a lemon, ½ teaspoon mustard, a little cayenne pepper and salt, 1 cup good drawn butter. Mix 1 spoon crumbs with chopped crab meat, yolks, seasoning, drawn butter; fill scallop shells—large clam shell will do—with mixture; sift crumbs over top, heat to slight brown in quick oven.

CREAMED CRAB

Melt ½ inch slice of butter, add ½ cup flour; stir all the time; to this add 4 cups of milk; season with salt, red pepper and 1 tablespoon Worcestershire sauce; cook 10 minutes; add the picked meat of 3 crabs and a small bottle of mushrooms; let it come to a boil once. Serve in ramikins.

BROILED HERRING WITH ANCHOVY SAUCE

Take herrings, dip in oil or melted butter, season with salt and pepper and broil; while fish are broiling, take small jar of Anchovy paste, dissolve in pan with butter, chopped parsley and juice of 1 lemon till warm, then spread sauce on fish and serve.

LOBSTER A LA LOUIE (For Eight Persons)

Select a choice lobster or 2, about 4 pounds in all; cut it lengthwise, clean and wash, dry it well in a towel; then cut into ¼ slices and put in cool place; prepare 3 heads of lettuce (the harder the better); remove the loose leaves and keep for garnishing; then shred up the solid heads, dip in water and take out right away and drain.

Louie Dressing

Six green spring onions, chopped very fine; the same amount of very tender celery, chopped very fine; twice the amount of green peppers, chopped very fine; ½ teaspoon of paprika, 1 cup of mayonnaise, 1 cup Chili sauce, 1 cup tomato catsup, 2 teaspoons Worcestershire sauce, salt to taste; mix well; arrange the lettuce leaves on a large platter, lay the shredded lettuce in the center and arrange the sliced lobster upon it; garnish with a little mayonnaise, paprika and boiled eggs, quartered, olives, pickles and the legs of the lobster; serve the dresisng on a side dish and serve as cold as possible.

Same recipe for Crab and Shrimp a la Louie.

LOBSTER PATTIES

Cut into small pieces tail part, 2 boiled lobsters; season well with pepper, salt and a little lemon juice; dissolve 2 tablespoons cornstarch in a little cold milk and turn into 1 pint of boiling milk; after it has thickened add butter and cook until quite thick; stir lobster into this mixture and heat through; fill patty shells which have been heated.

FANCY FRY FOR BRIDE AND GROOM

Fry 1 dozen Eastern oysters; beat 4 eggs, put in pan with oysters and cook together; serve on buttered toast.

FANCY ROAST

Cook 12 Eastern oysters in their own juice; add butter, pepper, salt and ½ teacup of catsup; let it come to a boil; serve in hot dish on buttered toast.

PEPPER ROAST

Follow recipe for Fancy Roast, adding to it a tablespoon of green peppers, chopped very fine.

HANGTOWN FRY

Spread flat omelette with thin broiled bacon; cover with fried oysters.

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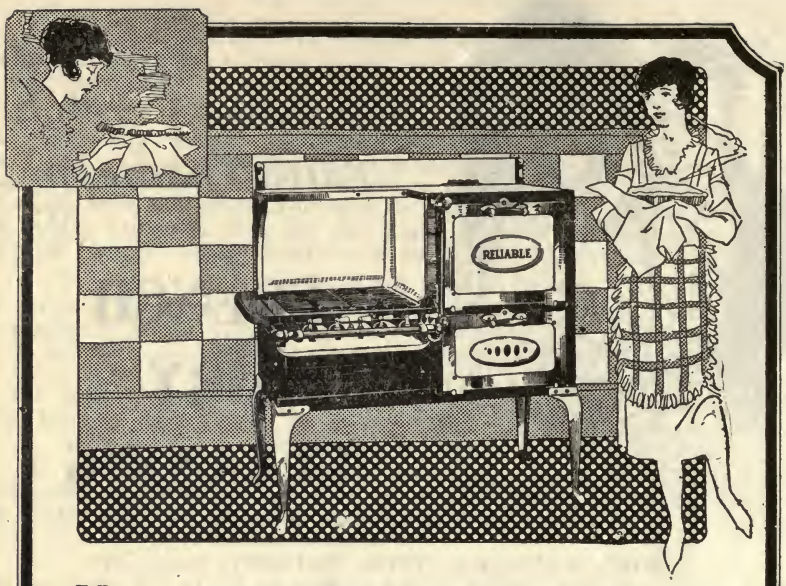

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VEGETABLES

HINTS ON COOKING AND SERVING

Vegetables should be boiled in soft water, if obtainable. The water should only be allowed to come to a boil before putting in the vegetables. It is best to boil vegetables by themselves and to boil quickly. When done, take them up immediately and drain.

In cooking all vegetables, a teaspoon of salt for each 2 quarts of water is allowed. Most vegetables are eaten dressed with salt, pepper and butter, but sometimes a piece of lean pork is broiled with them, which seasons them sufficiently.

In stewing or boiling, always add vegtables to boiling water.

Salt (1 teaspoon to each quart of water) may be added to the water in which all green vegetables, potatoes or onions are cooked. Do not add salt to parsnips, salsify, carrots or turnips or other underground vegetables until after cooking. Do not allow vegetables to boil too rapidly—it dissipates the flavor and spoils the color. Cook in a vessel without a cover.

SWEET POTATOES—SOUTHERN STYLE

Four boiled sweet potatoes, ¼ pound butter, 1 tablespoon water, lemon juice, ¼ cup brown sugar. Skin boiled potatoes and quarter; place in baking dish, with butter on top; sprinkle with the brown sugar; add the water and a little lemon juice; brown in over and serve hot.

GLAZED SWEET POTATOES

Six medium-sized potatoes, ½ cup sugar, ¼ cup water, 3 tablespoons butter. Wash and pare potatoes; cook 10 minutes in boiling, salted water; drain, cut in halves lengthwise and put in a buttered pan; make a syrup by boiling 3 minutes the sugar and water; add butter; brush potatoes with syrup and bake 15 minutes, beating twice with remaining syrup.

SPINACH WITHOUT WATER

The following method is very little known and has the advantage of preserving all the nutriment in the spinach and avoiding the use of boiling water: Having washed and drained the spinach very thoroughly, cut it up in coarse pieces and put it in a saucepan in which you have heated 3½ ounces of butter to every pound of spinach; add salt, grated nutmeg and cook sharply.

SPINACH "AU NATURAL"

Having cooked the spinach in salt water as before, wash and drain the leaves carefully, then remove all water and give them a few strokes with the knife without chopping them up; put them into a frying pan in which you have heated some butter; salt to taste and serve very hot. This method of preparing spinach is very much appreciated in Italy, where they add filets of anchovies to it.

DUCHESSE POTATOES

Take freshly boiled and mashed potatoes or some that are left over; add to them the beaten yolk of egg; place in a greased tin and form in balls, hearts or flat cakes; brush with the beaten white and brown in oven.

POTATOES WITH CHEESE

Hash 8 cold boiled potatoes, mix them with ½ cup milk, ½ ounce of good butter, a pinch of salt and pepper and a very small dash of grated nutmeg; place them in a dish, sprinkle over them 2 tablespoons of grated American cheese, 2 tablespoons of grated bread crumbs, a large teaspoon of melted butter and brown in the oven for 10 minutes.

BAKED PEPPERS

Cold rice and stewed tomatoes can be made into a delicate filling for peppers by seasoning highly with spices and a little onion. These can either be baked directly or can first be fried in hot butter or olive oil, then put in a baking dish

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covered with a cup of white stock and baked for ½ hour or more. All baked peppers are better when cooked in stock.

LYONNAISE POTATOES — NO. 1

Cook 1 onion thickly sliced in 3 tablespoons butter until delicately browned; remove onion and keep in a warm place; add 3 cups cold boiled potatoes, cut in slices; sprinkle with salt, pepper and stir until well mixed with butter; press to one side of spider and let brown richly underneath, then sprinkle onions over potatoes; let heat thoroughly; turn on a hot serving platter, top side down; sprinkle with finely chopped parsley. Cooking the onion separately lessens the danger of burning.

LYONNAISE POTATOES — NO. 2

One pint boiled potatoes, cold, ½ teaspoon salt, pinch of pepper, 1 teaspoon chopped onion, 2 tablespoons beef dripping or butter, 2 tablespoons chopped parsley. Cut the potatoes into slices, season with the salt and pepper; fry the onions in the dripping till light brown; put in the potato and cook till it has taken up the fat; add the chopped parsley and serve.

ARTICHOKE SAUTE

Cut 6 fine, green artichokes into quarters and remove the chokes; trim the leaves neatly and parboil them 5 minutes in salted water; drain; lay them in a casserole, season with salt, pepper and ¼ cup butter; ¼ cup mushrooms, chopped fine, may be added; cover and cook in a moderate oven 25 minutes. Serve with any desired sauce; Hollandaise is best.

BAKED BEANS

One quart navy beans, ½ pound fat salt pork or 1½ pounds brisket of beef, ½ tablespoon mustard, 1 tablespoon salt, 2 tablespoons molasses, 3 tablespoons sugar, 1 cup boiling water. Wash, pick beans over, cover with cold water and let soak over night; in the morning cover with fresh water, heat slowly and let cook just below the boiling point until the skins burst, which is best determined by taking a few on the tip of the spoon and blowing over them; if done, the skins will burst; when done, drain beans and put in pot with the brisket of beef; if pork is used, scald it, cut through the rind in ½-inch strips, bury in beans, leaving rind exposed; mix mustard, salt, sugar, molasses and water and pour over beans and add enough more water to cover them; cover pot and bake slowly 6 or 8 hours; uncover pot the last hour so that pork will brown and crisp.

BRUSSELS SPROUTS

For Six Persons. Time of Preparation, Two Hours

Three pounds Brussels sprouts, 3 ounces butter, 1 tablespoon flour, 1 pint stock, a pinch of nutmeg, a pinch of corbonate of soda, a pinch of pepper, salt, 1 teaspoon chopped parsley, ½ teaspoon chopped onion. Throw the sprouts, after removing the outer leaves, into 3 quarts boiling water, with salt and a pinch of carbonate of soda; after bringing up to the boil again, take the sprouts out and drain on a sieve and then on a dry cloth, so that no water remains in them; brown an ounce of butter with the flour and sugar, add the stock, chopped onion and parsley, pepper, nutmeg and the remaining butter; boil up well, then put in the sprouts and allow all to simmer gently for half an hour.

SPINACH COOKED IN BUTTER

Cook the spinach leaves in a pan with salted water; wash them freely with water to remove the sand which they may contain completely; drain them, press out the moisture and chop them up very fine; heat some butter in a saucepan, add the chopped spinach; stir them up with a long wooden spoon, adding a little butter; this will work out all the moisture; season them to taste with salt and a little scraped nutmeg, finished by adding 1½ ounces of fine butter.

BOILED GREEN CORN

After removing husks and threads, boil from 10 to 20 minutes in clear water; take from water and place on platter covered with napkin, drawing corners of napkin over corn, or it may be cut from cob and seasoned with salt and butter.

CORN A LA SOUTHERN

To 1 can chopped corn add 2 eggs, slightly beaten, 1 teaspoon salt, ⅛ teaspoon pepper, 1½ tablespoons melted butter and 1 pint milk; put into a buttered baking dish and leave in a slow oven.

BAKED POTATOES

Select smooth, medium-sized potatoes and wash with a brush; place in a dripping pan and bake in a hot oven 40 minutes, or until soft; remove from oven and serve while hot.

BOILED POTATOES

Select potatoes of uniform size; wash, pare and drop at once into cold water to prevent their being discolored; soak ½ hour in fall and 1 to 2 hours in winter and spring; cook in salted water until soft. For 7 potatoes allow 1 tablespoon salt, and boiling water to cover.

BOILED ASPARAGUS

Cut off lower parts of stalks as far down as they will snap; untie bunches, wash, remove scales and tie again; cook in boiling salted water about 15 minutes or until soft, leaving the tips out of the water for the first 10 minutes; drain, remove string and spread with butter, allowing 1½ tablespoons butter to each bunch of asparagus. This vegetable is often broken into small pieces for boiling, allowing the tips to cook a shorter time than the remainder of the stock.

STRING BEANS

Remove strings and break in 1-inch pieces; wash and cook in clear water, adding salt last ½ hour; drain reasonably dry and add butter.

BAKED CAULIFLOWER

One and one-half pounds cauliflower, 2 ounces butter, 1 gill milk, ½ tablespoon meat extract, 2 tablespoons flour, a pinch of ground mace. Boil the cauliflower; heat 1½ ounces butter and 2 tablespoons flour to a golden brown; add the milk and ½ pint of the water in which the cauliflower has been boiled with ½ teaspoon meat extract dissolved in it; boil this sauce till thick, then flavor with ground mace; strain and pour over the cauliflower, which has been placed in a deep dish; melt the remaining ½ ounce butter, pour it over, sprinkle with grated Parmesan cheese and bake in a hot oven, standing the dish in a pan of boiling water.

ESCALLOPED CORN

Six ears of cooked corn or 1 can of corn, ½ cup corn liquid, 3 tablespoons milk, 1 teaspoon sugar, 1 teaspoon salt, ⅛ teaspoon pepper, 2 tablespoons flour, 1 cup bread crumbs, 1 tablespoon butter. Cut fresh boiled corn, too old to serve on cobs, from the cob, or use the pulp of 1 can of corn; mix corn with the salt, pepper, flour and sugar and add the liquids; melt the butter, mix with the bread crumbs and cover bottom of a pudding dish with half of the crumbs; add the corn mixture and cover with the rest of the crumbs; bake in a moderate oven about 20 minutes and serve hot in pudding dish.

MACARONI WITH TOMATOES AND MUSHROOMS

One-half pound macaroni, 2 quarts boiling water, 2 teaspoons salt, 1 tablespoon butter, 1 small onion, cut fine, 1 teaspoon flour, cup of hot beef or chicken stock, 1 pint stewed tomatoes, 1 tablespoon finely chopped mushrooms, 1 teaspoon salt, cayenne pepper, 1 teaspoon parsley, chopped, 3 tablespoons grated Parmesan cheese. Add salt and then the macaroni to the boiling water; let boil 20 minutes, stirring to avoid sticking to the bottom of the kettle; drain in colander; pour 1 cup of cold water through it, then return to cleared kettle.

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POTATO PANCAKES

Six raw grated potatoes, 3 whole eggs, a pinch of baking powder. 1 tablespoon flour, a little milk. Peel large potatoes and soak several hours in cold water; grate, drain and for every pint allow 2 eggs, about 1 tablespoon flour, ½ teaspoon salt, a little pepper; beat eggs well and mix with the rest of the ingredients; drop by spoons on a hot buttered spider in small cakes; turn and brown on both sides. Serve with apple sauce or catsup.

O'BRIEN POTATOES

Fry 3 cups potato cubes in deep fat; drain on brown paper, and sprinkle with salt; cook a slice of onion in 1½ tablespoon butter about 3 minutes; remove the onion and add to butter 3 pimentoes (canned), cut fine; when this is thoroughly heated, add potatoes, stir well and serve hot with parsley.

STUFFED PEPPERS

Six green peppers, 1 onion, chopped fine, 2 tablespoons of butter, 4 tablespoons of chopped mushrooms, 1/3 cup brown sauce, 3 tablespoons bread crumbs, 4 tablespoons lean raw ham, chopped, salt, pepper and buttered bread crumbs. Cut a slice from stem end of each pepper, remove the seeds and parboil peppers about 15 minutes; cook onion in butter 3 minutes, add mushrooms and ham, cook a minute, then add brown sauce and crumbs; cool the mixture; put into peppers, cover with buttered bread crumbs, salt and bake 10 minutes. Serve on toast with brown sauce.

BAKED WINTER SQUASH

Cut in 3-inch squares; remove seeds and stringy portion; place in a dripping pan; season with salt and pepper, and for each square add ½ teaspoon molasses and ½ teaspoon melted butter; bake about 1 hour, or until soft, in a moderate over, keeping covered the first ½ hour. Serve in the shell with dots of butter.

CORN FRITTERS

One can corn, 1 cup flour, 1 teaspoon of baking powder, 2 teaspoons salt, ¼ teaspoon paprika, 2 eggs. Chop corn and add flour, baking powder, salt and paprika mixed and sifted, then add the yolks of eggs beaten thick, and fold in whites beaten stiff; cook in fresh, hot lard and drain.

MEXICAN STUFFED CHILI

Select even-sized green peppers and cut the stems, seed and core; make a stuffing of sardines and cheese, chopped fine; mix it with 1 egg; stuff the peppers with this; dip in thick butter and fry in deep, hot fat; drain in a colander; when done serve very hot.

RICE CROQUETTES

One teacup of rice; boil 1 quart milk; when boiled and hot add a piece of butter the size of an egg, 2 tablespoons of sugar, 2 eggs, juice and grated peel of 1 lemon; stir this up well; have ready the yolks of 2 eggs, beaten on a plate, cracker crumbs on another; make the rice in rolls and dip in the eggs and crumbs. Fry them in butter. Serve hot.

FRIED PARSNIPS

Boil until tender, scrape off the skin and cut in lengthwise slices; dredge with flour and fry in hot drippings, turning when one side is browned.

LIMA BEANS

Shell them in cold water; let them lie ½ hour or longer; put them into a saucepan with plenty of boiling water, a little salt and cook unti tender; drain and butter well and pepper to taste.

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POTATO AU GRATIN

Slice cold boiled potatoes; make a cream sauce from 2 tablespoons each of butter and flour, 1 level teaspoon of salt, ⅛ teaspoon of pepper; heat butter; add flour and seasoning; when hot, add milk gradually and cook smoothly; add potatoes; let heat through and put in buttered individual dishes or baking dish; fold lightly some finely chopped cheese and bake about 10 minutes in a moderate oven.

POTATO CAKES

Roast some potatoes in the oven; when done, skin and pound in a mortar with a small piece of butter, warmed in a little milk; chop a shallot and a little parsley very finely, mix well with the potatoes, add pepper, salt; shape into cakes, egg and bread crumb them and fry a light brown.

CARROTS AND OTHER ROOT VEGETABLES

Scrape or pare carrots, parsnips, turnips. Dice and cook gently in unsalted water till tender; drain and reheat in seasoned butter, 1 tablespoon to 1 pint, or in a drawn butter or white sauce. In early summer, when roots are small, water should be salted. Onions should also be boiled in salted water, then finished as here directed.

STEWED CORN

Husk corn; draw sharp knife down center of each row of grain; press out pulp with back of knife; to 1 pint add ½ teaspoon each salt and sugar, dash pepper, ½ cup milk; heat and simmer 10 minutes.

FRIED EGGPLANT

Pare and slice the eggplant as desired and dip at once into egg (previously seasoned with salt and pepper) and then into cornstarch, seeing to it that every part is well covered; fry in deep hot fat to a rich brown; lay on brown paper until served, to absorb any extra grease. Eggplant cooked in this way will be found very delicate and digestible.

CREAMED CAULIFLOWER

Remove leaves, cut off stock and soak about 30 minutes (head down) in cold water to cover; cook (head up) 20 minutes, or until soft, in boiling salted water; drain, separate and reheat in 1½ cups white sauce.

Relishes To Be Served With Meats

Roast Veal
Tomato Sauce
Horseradish Sauce

Roast Canvasback Duck
Apple Bread
Black Currant Jelly

Roast Quail
Currant Jelly
Celery Sauce

Roast Chicken
Bread Sauce

Fried Chicken
Cream Gravy
Corn Fritters

Roast Duck
Orange Salad

Cold Boiled Tongue
Sauce Tartare
Olives stuffed with Peppers

Pork Sausage
Tart Apple Sauce
Fried Apples

Frizzled Beef
Horseradish

Pork Croquettes
Tomato Sauce

Corned Beef
Mustard

Lobster Cutlet
Sauce Tartare

Sweetbread Cutlet
Caper Sauce

Reed Birds
Fried Hominy with Celery

Cold Boiled Fish
Sliced Lemon and Olives

Roast Beef
Tomato Catsup
Grated Horseradish
Currant Jelly

Roast Mutton
Stewed Gooseberries

Roast Lamb
Mint Sauce

Roast Pork
Apple Sauce

Roast Turkey
Cranberry or Celery
Plum, Grape Sauce

Roast Chicken
Currant Jelly

Boiled Turkey
Oyster Sauce

Broiled Steak
Mushrooms
Fried Onions

Pigeon Pie
Mushroom Sauce

Roast Goose
Tart Apple Sauce

Fried Salmon
Egg Sauce

Broiled Mackerel
Stewed Gooseberries

Boiled or Baked Fish
White Cream Sauce
Drawn Butter Sauce

BRIDES! Be particular and use the BEST. Use "Buckeye Food Products." There are none better

Ask your grocer for "BUCKEYE FOOD PRODUCTS," as every package is guaranteed to please or money refunded.

Buckeye Flavoring Extracts *Buckeye Baking Powder*
Buckeye Ground Spices *Buckeye Peanut Butter*
Buckeye Ammonia and Blueing, Etc., Etc.

Made in Washington — Sold Everywhere

BUCKEYE EXTRACT COMPANY
OLYMPIA WASHINGTON

JELLIES, JAMS, PRESERVES MARMALADE, Etc.

IMPORTANT POINTS FOR JELLY MAKING

To Prepare Glasses for Jelly

Wash glasses and put in a kettle of cold water; place on range and heat water gradually to the boiling point; remove glasses and drain; place glasses while filling on a cloth wrung out of hot water.

To Make a Jelly Bag

Fold 2 opposite corners of a piece of cotton or wool flannel ¾ yard long; sew up in the form of a cornucopia, rounding at the end; fell the seam to make more secure; bind the top with tape and finish with 2 or 3 heavy tape loops by which it may be hung.

To Heat Sugar

Put in a graniteware pan or dish and place in a moderate oven, leaving the oven door ajar; stir occasionally that sugar may heat evenly and not become brown.

In Making Jelly

If you get it too sweet and have no more juice put in a little pure cider vinegar; the jelly will "jell" at once and the flavor will not be impaired.

STRAWBERRY JAM

To 6 pounds of strawberries allow 3 pounds of sugar; procure some fine scarlet strawberries, strip off the stalks and put them into a preserving pan over a moderate fire; boil them for half an hour, keeping them constantly stirred; break the sugar into small pieces and mix with the strawberries after they have been removed from the fire; then place it again over the fire and boil for another ½ hour very quickly; cover with paraffine.

GRAPE MARMALADE

Take sound grapes, heat and remove the seeds, then measure and allow measure for measure of fruit and sugar; place all together in a preserving kettle and boil slowly 25 minutes; add the juice of 1 lemon to every quart of fruit; set away in jelly glasses.

TO PRESERVE PLUMS

To every pound of fruit allow ¾ pound of sugar; divide the plums; take out the stones and put the fruit on a dish with pounded sugar strewed over; the next day put them into a preserving pan and let them simmer gently by the side of the fire for about 30 minutes, then boil them quickly, removing the scum as it rises, and keep them constantly stirred, or the jam will stick to the bottom of the pan; crack the stones and add the kernels to the preserve when it boils.

QUINCE PRESERVES

Pare and core the fruit and boil till very tender; make a syrup of 1 pound of sugar for each pound of the fruit and after removing the scum, boil the quinces in this syrup for ½ hour.

BLACKBERRY JAM

Crush a quart of fully ripe blackberries with 1 pound of the best loaf sugar pounded very fine; put it into a preserving pan and set it over a gentle fire until thick; add a glass of boiled cider and stir it again over the fire for about ¼ hour; then put into pots and when cold tie them over.

ORANGE JELLY

Grate the rind of 6 oranges and 3 lemons into a granite kettle; now squeeze in the juice, add 1 cup of water and ½ pound of sugar to each pint of juice; boil all together until a rich syrup is formed; have ready 1 ounce of gelatine dissolved in 1 pint of warm water; now add syrup; strain the jelly and pour into glasses.

LOVERS' MARMALADE

Slice very thin 3 thin-skinned oranges, 2 grape fruit and 2 lemons; remove seeds; cover fruit with cold water; let stand 24 hours; bring to a boil and allow to simmer 15 minutes; place in stone crock and allow to stand 24 hours; measure and add equal quantity of sugar; boil until it jells; pour in glasses and cover with paraffine.

APPLE JELLY

Select sound, red, fine-flavored apples, not too ripe. Wash, wipe and core; place in a granite kettle, cover with water and let cook slowly until the apples look red; pour into a muslin bag and drain; return juice to a clean kettle and boil ½ hour; skim; now measure and to every pint of juice allow 1 pound of sugar; boil quickly for 10 minutes. Red apples will give jelly the color of wine, while that from light fruit will be like amber.

SPICED FRUITS

These are also called sweet pickle fruits. For 4 pounds prepared fruit allow 1 pint vinegar, 2 pounds brown sugar, ½ cup whole spices—cloves, allspice, stick cinnamon and cassia-bude; tie spices in thin muslin bag, boil 10 minutes with vinegar and sugar; skim; add fruit; cook till tender; boil down syrup; pour over fruit in jars and seal. If put in stone pots, boil syrup 3 successive mornings and pour over fruit. Currants, peaches, grapes, pears and berries may be prepared in this way, also ripe cucumbers, muskmelons and watermelon rind.

PLUM JELLY

Take plums not too ripe, put in a granite pan and set in a pan of water over the fire; let the water boil gently till all the juice has come from the fruit; strain through a flannel bag and boil with an equal weight of sugar 20 minutes.

CRABAPPLE JELLY

Select juicy apples; mealy ones are no good. Wash and quarter and put into a preserving kettle over the fire with a teacup of water; if necessary add more water as it evaporates; when boiled to a pulp strain the apples through a flannel bag, then proceed as for other jelly.

PRESERVED PEACHES

Select the yellow, red-cheeked ones if possible; skin same as tomatoes, by pouring on boiling water, then thrusting them in cold water and separate in halves; proceed as for preserving cherries, only using ¾ pound of sugar to every pound of fruit.

PRESERVED CHERRIES

Select the large cherries; remove the stems and stone them carefully; to each pound of sugar allow 1 pound of cherries; put fruit in granite pan and pour sugar over them; stir up and let stand over night to candy; in the morning put all into the preserving pan, place on the stove and boil gently until the cherries look clear, skimming off the scum as it rises; when the cherries have become quite clear, remove the pan from the stove and seal. Keep in dry, dark closet.

PRESERVED TOMATOES

A pound of sugar to a pound of tomatoes. Take 6 pounds of each; the peel and juice of 4 lemon and ¼ pound of ginger tied up in a bag; put on the side of the range and boil slowly for 3 hours.

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PICKLES

FRENCH PICKLES

Slice green tomatoes with onions; add salt; let stand over night; drain thoroughly and let boil ½ hour with vinegar; sugar to taste; white mustard seed, allspice, cloves, cinnamon, ginger and little mustard.

GREEN PEPPER MANGOES

Secure nice large peppers; cut a slit in them and take out the seed; slice a head of cabbage very fine; salt it as for slaw and mix very thick with black mustard seed; fill the peppers with this dressing and sew up the slit; lay them in a jar and pour over enough cold vinegar to cover them.

GREEN TOMATO PICKLE

Slice 1 peck of green tomatoes; add 1 cup of salt and let them stand over night; drain the water from them and add 1 gallon of vinegar, 1 large spoon of allspice, 1 teaspoon of cloves, 1 tablespoon of cinnamon, ½ teaspoon of ground mustard, 4 cups of sugar, 1 cup of grated horseradish and simmer together 10 minutes; add more sugar.

SWEET TOMATO PICKLES

Eight pounds of ripe tomatoes, 4 pounds of sugar, ½ ounce each of cloves, allspice and cinnamon; peel the fruit and boil 1½ hours; when partly cold add ½ pint of vinegar. Put away in jars.

PICCALILLI

Mix tomatoes, chopped and drained, with chopped onions, red and green peppers and horseradish; add spices, sugar and a little curry powder; cover with vinegar and boil 1 hour.

PICCALILLI

Two cauliflowers, 2 quarts green tomatoes, 1 quart small onions, 24 medium-sized cucumbers, 3 green peppers. Chop all together and soak over night in a weak brine; next day scald for a few minutes, then drain through a colander; make a dressing with the following: ½ pound mustard, 4 teaspoons celery seed, 5 cups sugar, 1 cup flour, ½ ounce tumeric. Mix all of these ingredients to a smooth paste; then add them to 3 quarts of boiling vinegar and allow to boil for 2 minutes; pour it over the pickle and when cold bottle and seal with paraffine. This pickle will keep for a year. Salt may be used instead of the brine and cabbage instead of the cauliflower, if preferred.

WATERMELON PICKLES

Boil the melon until you can stick a fork through it readily. To 7 pounds of fruit take 3 pounds of sugar, 1 quart of vinegar and 1 ounce each of cinnamon, cloves and allspice; scald the vinegar, put sugar and spices in and pour over the melon. Do this for 3 mornings.

BRINE FOR CUCUMBERS

Wash them in clear water, lay them in a jar and sprinkle them well with salt; as you lay in fresh cucumbers, add more salt. They will make their own brine.

CHOW CHOW

Twenty-five young, tiny cucumbers, 15 onions sliced, 2 quarts of string beans, cut in halves, 4 quarts of green tomatoes, sliced and chopped coarsely, 2 large heads of white cabbage. Prepare these articles and put them in a stone jar in layers with a slight sprinkling of salt between them; let them stand 12 hours, then drain off the brine; now put the vegetables in a kettle over the fire, sprinkling through them 4 red peppers, chopped coarsely, 4 tablespoons of mustard seed, 2 tablespoons each of celery seed, whole allspice and whole cloves and a cup of sugar; pour on enough of the best cider vinegar to cover; cover tightly and simmer well until thoroughly cooked. Put in glass jars when hot.

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CHILI SAUCE

One dozen ripe tomatoes, 4 large onions, 4 red peppers, all chopped fine, 4 cups vinegar, 2 tablespoons salt, 2 teaspoons each ground colves, cinnamon and ginger; boil 2 hours.

DILL PICKLES

Take medium-sized cucumbers, wash in cold water, then fill quart jars; put in each jar ½ cup vinegar, 1 tablespoon sugar, 2 tablespoons salt, pinch of pickling spices and spray of dill; fill rest of space in jars with cold water and seal. These pickles are very good and will keep indefinitely.

EAST INDIA APPLE CHUTNEY

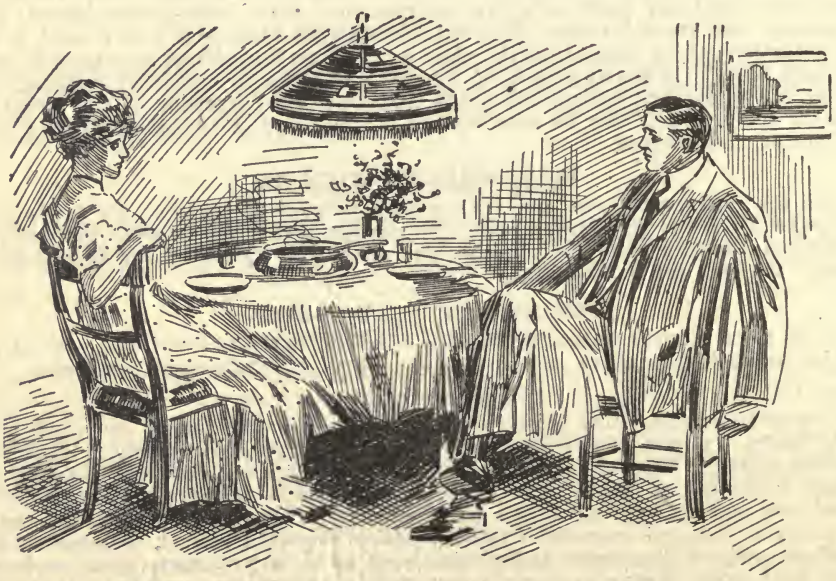
Two dozen apples, 6 chili peppers, 3 onions, garlic to taste, 3 pounds seeded raisins, 1 quart cider vinegar, juice of 8 lemons, 4 cups brown sugar, ¼ teaspoon cayenne pepper, 1 tablespoon ground ginger, salt to taste. Pare, core and chop apples, raisins, onions and peppers very fine; add the vinegar and cook 1 hour; then add the other ingredients and cook 1 hour longer, stirring often with wooden spoon. This will keep indefinitely. A little of this chutney will improve all Spanish dishes, curried meats and stews.

SOUR CUCUMBER PICKLES

Select small cucumbers, wash, sprinkle with salt; cover with cold water, using 1 cup of salt for each gallon water; allow to stand 12 to 14 hours; rinse and pack in fruit jars; add green or red peppers, also whole spices; cover with scalding vinegar. If stored in earthen crock, place a plate with weight on top to keep the pickles in the vinegar, then cover the jar. These pickles will keep indefinitely.

SWEET CUCUMBER PICKLES

Prepare as sour pickles except add sugar to taste in the hot vinegar; ginger root and horseradish may be added to vinegar.



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Spanish and Italian
DISHES

SPANISH DISH

Take 1 cup boiled rice, then fry 2 tomatoes and ½ onion together; season with pepper, salt, ½ teaspoon sugar and ½ chili pepper; mix with rice, all together; then add 4 tablespoons of grated Swiss cheese and 1 cup of cooked shrimps; cook on back of stove ½ hour. Very good, eaten hot or cold.

SPANISH BEANS

Soak 2 cups pink beans over night; in the morning cover beans with water; add a small onion and boil until beans will mash between fingers; drain the liquid from the beans, but do not throw it away; into a frying pan, not less than 2 inches deep, put a large cooking spoon of fresh lard; allow it to become quite clear; after laying in as many beans as will absorb lard, place the pan over a hot fire and mix beans and lard thoroughly together until the beans appear to have a coating of lard and begin to burst; add a cup of the liquid in which the beans were boiled and gently crush the beans with a spoon, but do not mash; now add the remainder of the liquid and allow to simmer on the back of stove for ½ to 1 hour, or until the beans are of the consistency desired, either with considerable liquid (but thick) or quite dry. Success depends upon observing the following rules: Do not add salt until the beans are boiled soft. The onion is not perceptible after cooking, only gives the beans the characteristic Mexican taste, which no spice can produce. Have the lard at boiling point. Mexican chili may be added after the last portion of liquid is used.

To prepare Mexican chili, take 6 dry chili peppers, remove seeds and cover with water and boil 10 minutes; chop fine and run through sieve to remove skins; put in as much or as little, according to how hot you like them.

SPANISH RICE

Take 3 onions, cut them up fine, and a small piece of garlic cut fine, and put them in a pan with 2 or 3 large green peppers; cut small and fry not too brown; then add 1 can of tomatoes, salt and pepper to taste and a little prepared chili con carne; now have a small pan with hot lard; put in rice and fry not too brown; then take rice and mix together with the sauce and fry slowly for about 1 hour. You will find this a delicious dish, also a very fine vegetable.

STRING BEANS SPANISH

Boil 1 pound of string beans until tender; let them cool; beat the whites of 3 eggs until thick; put in the yellow, beat 5 minutes more; take 6 or 7 string beans and roll them in the egg and fry them and serve with tomato sauce.

SPANISH MEAT PIE

Two pounds round steak; trim off fat, fry out over slow fire, adding other shortening if not enough fat on meat; when hot, add 1 thick slice of onion, cut fine, and 2 tablespoons bell pepper (red or green), chopped fine; cook, stirring frequently, until onion is a yellow color; cut meat in small pieces, season with salt and pepper, dust well with flour; bring fat in pan to smoking point; add meat, stirr constantly until well browned; add water to cover; cook slowly until meat is tender; remove meat from liquid, put in deep earthen baking dish, add 2 cups white potatoes cut in thick slices and boiled 5 minutes in salted water; thicken liquid left in pan with 2 tablespoons flour for every cup of liquid; add more seasoning if necessary; turn over the meat and potato; allow to cool while making crust.

Crust

Three cups flour, 2 tablespoons baking powder, 1½ teaspoons salt, 6 tablespoons shortening. Rub into flour with finger tips; wet to stiff dough with cold water; roll out in a round cake to fit top of baking dish; make 2 or 3 small openings in top to let out steam; place cover over meat; brush top with a little milk; put into oven, cook long enough to bake crust thoroughly, about 20 minutes.

SPAGHETTI ITALIENNE

Three-fourths pound spaghetti, 3 quarts boiling water, 1 tablespoon salt, 2 tablespoons butter, ⅛ teaspoon white pepper, a little nutmeg, 1 cup tomato sauce, 2 ounces grated Parmesan or Swiss cheese or 1 ounce of each. Slide spaghetti without breaking it in the boiling water gradually and boil 25 minutes; drain; place butter in saucepan, salt, pepper and nutmeg; let cook a few minutes; add the hot tomato sauce; gently mix with a fork, then add cheese and mix well again with a fork for 1 minute or longer; dress on a hot dish and serve.

ROYAL ITALIAN PASTE

Chop fine, separately, 3 large onions, ½ garlic, ½ stalk celery, ½ cup dried mushrooms (soaked in water ½ hour), 1 can tomatoes, salt, black pepper, 3 or 4 chili capinas, 2 bay leaves, 2 cloves, few sprigs of each, rosemary and parsley. Have a good-sized chicken (not too young), older one preferred, cut as for frying, wash and dry. Put into kettle with hot olive oil and brown thoroughly; add onions and brown, then garlic and celery, allowing to cook a few minutes; add tomatoes and flavorings, cooking all together about 3 hours; stir often to prevent burning. When chicken becomes tender, remove. Beef may be substituted, if desired. Take about 2 pounds spaghetti, put in kettle of boiling water (salted); cook until done; then drain, dashing cold water over it to prevent sticking. Serve on hot dish, first a layer of spaghetti, sprinkle with Parmesan cheese, then a layer of sauce, repeating until dish is full.

PAPRIKA CHICKEN

Clean and prepare fat chicken as for roasting; make a good stuffing of bread crumbs, chopped onions, herbs to season to taste, binding together with the yolks of 2 or 3 eggs; stuff the fowl with it; tie on the breast slices of salt pork and lemon, then wrap and tie the whole in stout waxed paper; place in a casserole (or any tight-covered baking dish); add enough chicken or veal stock to cover it and 1 clove, a whole onion and some chopped parsley; put the lid on and cook in a hot oven 1 hour; strain the sauce, then add 1 cup of hot cream, the yolk of 1 egg, 1 tablespoon of butter, 1 tablespoon of minced parsley and sufficient paprika to give not only a decided flavor, but to tinge it pink; when the chicken is quite done (cooking it with this sauce as much longer as necessary to make it tender), serve it with the sauce poured over it and bordered with hot boiled rice.

CHILI CON CARNE

One and one-half pounds of Mexican chili beans, 6 good-sized onions, 6 cloves, garlic, 1 can tomatoes, ½ teaspoon paprika, a bay leaf, 1½ pounds hamburger, 3 tablespoons of Gebhardt's Eagle Chili Powder, salt to taste. Soak the beans over night, then cook until done; add can of tomatoes and paprika, bay leaf, salt, slice the onions and garlic; fry until done. Put the hamburger into a perfectly dry frying pan, no grease; cook until it is separated and dry; make a paste of the chili powder; add all to the beans and cook a little longer.

POLENTI

Ground meat, 1 medium sized chopped onion, 1 egg, 2 tablespoons bread crumbs, 4 sprigs each of parsley and rosemary, salt and pepper.

Mix well; make into small balls; drop into the sauce and boil for 40 minutes.

Sauce: 1 quart tomatoes, 1 pint water, 1 onion, 1 clove garlic, 2 bay leaves. Boil one hour, rub through colander and return to stove; add heaping teaspoon lard, some salt and Chili powder to taste. When the balls have cooked sufficiently, place them around a mound of hot boiled rice or snaghetti, pour the tomato sauce over the whole and cover with a layer of finely chopped cheese.

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These Extra-ordinary recipes ccntributed by the *Frisbie Maple Sugar and Maple Syrup Co.*, Spokane, Wash.

MAPLE PARFAIT

Four eggs, 1 cup FRISBIE'S Cane and Maple Syrup, hot, 1 pint of thick cream. Beat eggs slightly and pour syrup on slowly; cook until mixture thickens; cool and add cream beaten until stiff; put in a melon-shaped or individual molds, pack in salt and ice and let stand 3 hours. Serves six.

Frisbie's Cane and Maple Syrup contains no imitation flavoring or artificial coloring.

MAPLE DIVINITY FUDGE

One cup granulated sugar, ½ cup white corn syrup, 1/3 cup hot water, 2 whites of eggs, ¼ teaspoon cream tartar, 1 pint FRISBIE'S Cane and Maple Syrup. Boil the sugar, syrups and hot water until it threads; whip the whites of eggs with the cream of tartar; into the stiffly beaten egg whites pour gradually the hot syrup, beating constantly; whip until cool. Drop by spoonfuls in buttered pans.

Lots of pure Maple sugar in Frisbie's—note the flavor.

MAPLE POPCORN DAINTY

One pint FRISBIE'S Cane and Maple Syrup, ¼ teaspoon cream of tartar, 2 cups ground popped corn, 2 whites of eggs. Put syrup and cream of tartar in pan and boil until it hairs. Just before removing from fire add the ground popcorn. Pour the mixture over the stiffly beaten whites of eggs and beat until light. Pour in buttered pans and cut in squares.

MAPLE FUDGE

Two cups sugar, 2 cups water, 1 pint of FRISBIE'S Cane and Maple Syrup, small can condensed milk, butter size of walnut. Mix water, sugar, syrup and milk; bring to a boil; boil it until it tests soft ball in cold water; beat mixture until it grains and pour in greased tin or platter. Chopped walnuts may be added.

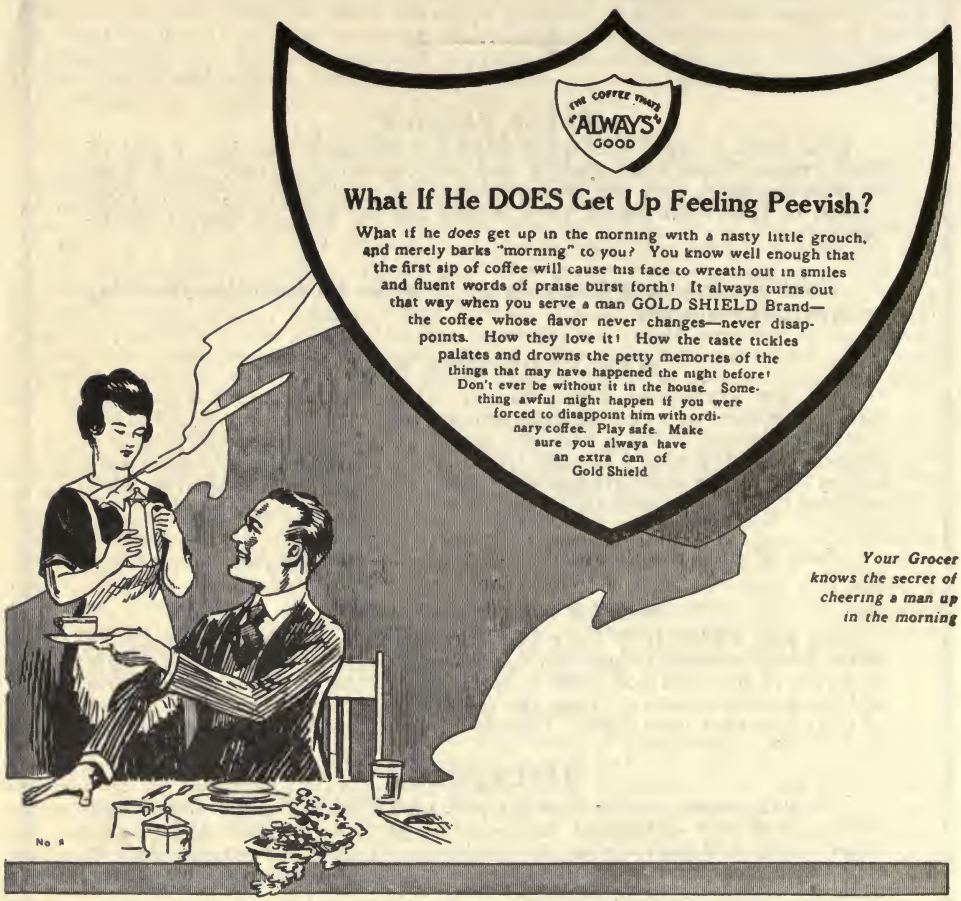
Frisbie's is packed full weight and rightly priced.

HAM

Cover ham with water and simmer gently, allowing 30 minutes to the pound. Bake the ham in a moderate oven ½ hour and baste with FRISBIE'S Cane and Maple Syrup.

Frisbie's is a Spokane product and your money's worth—absolutely.

At Your Grocer's – Take no Substitute



GOLD SHIELD COFFEE

Roasted, Packed and Guaranteed by

SCHWABACHER BROS. & Co., Inc.

Seattle's Oldest Business House

BEVERAGES

PREPARATION OF COFFEE

In the preparation of coffee the following rules should always be observed:

1. To make coffee to perfection, you must use 1 tablespoon of good coffee for each cup and 1 for the pot.

2. The water must be fresh drawn from the faucet and let come to a boil, because water that has once been boiled has lost a large amount of the air or oxygen it contains.

3. The percolation method is best; coffee, preferably, should not be boiled, but if you must boil it, do not boil it over 5 minutes or a bitter concoction of tannin results.

4. The infusion must be drunk soon after making or its aroma and fine flavor are missed.

5. Whatever pot is used, it must be strictly clean and scalded with hot water so that it is thoroughly heated throughout.

6. To obtain the full aroma and flavor, the coffee must be freshly roasted and ground.

LADIES' LUNCHEON COFFEE

Put in strainer of a percolator a heaping tablespoon of finely ground coffee for every ordinary size cup of coffee; press the coffee down in the strainer slightly, and pour on your required amount of boiling water; put the lid on the strainer and leave the water to filter through; add to coffee, when serving, to 2 parts coffee 1 part hot milk and a tablespoon of whipped cream, which will float on top of coffee, adding to it a rich flavor and a very inviting appearance. When you prepare coffee after this recipe you will have a very delicious coffee, such as served in all first-class cafes of Europe.

FRENCH DRIP COFFEE—"CAFE NOIR"

For every ordinary cup take 2 tablespoons of finely ground coffee, which press down slightly in the strainer; then pour on your boiling hot water; put lid on strainer and leave water to filter through; when the water is all filtered through you have "Cafe Noir," a very strong, black coffee, which was formerly drunk with brandy, the latter being poured in saucer with sugar and then ignited, leaving the spirits burn out. Sometimes it is diluted with hot water.

COFFEE BOILED

Take 1 tablespoon medium-ground coffee to a cup and 1 for the pot; draw fresh water from the faucet, boil in kettle for 5 minutes, pour the water on coffee in pot and allow it to steep for 5 minutes; then remove the grounds from the liquor, and you can use it several hours afterwards.

DIRECTIONS FOR CLARIFYING COFFEE

Egg shells may be saved and used for clearing coffee; 3 egg shells are sufficient to effect clearing where 1 cup of brown coffee is used; an egg broken and slightly beaten may be diluted with a little cold water and mixed with the coffee. This gives a particularly rich flavor.

HOW TO MAKE TEA

Scald an earthen or china teapot; put in 2 teaspoons tea and pour on 2 cups boiling water; let stand on back of range or in a warm place 5 minutes; strain and serve immediately with milk or without sugar and milk. Avoid second steeping of leaves with addition of a few fresh ones. If this is done, so large an amount of tannin is extracted that various ills are apt to follow.

Quality, Not Price, the Test of Good Tea

Judge GOLD SHIELD TEA quality by its delicate flavor and fragrance — not by its moderate price. GOLD SHIELD sells for far less than its quality would warrant. If you are a lover of tea let not another day pass without permitting GOLD SHIELD to give you a new idea of tea excellence.

In GOLD SHIELD Orange Pekoe the choice products of both India and Ceylon are blended by special formula and packed in sealed cans. Full richness and flavor are ready to be released for your table or your afternoon affairs.

All good grocers have GOLD SHIELD TEA at 85c the pound tin; 45c the half; 25c the quarter pound

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SCHWABACHER BROS. & COMPANY, Inc.

Importers and Blenders of Tea

Seattle, Washington

GOLD SHIELD TEA

Regarding Coffee Making

The most careful and conscientious manufacturer cannot insure the consumer of having a perfect cup of coffee, for the making of the beverage in the home depends entirely upon the user. It has been definitely determined that the most satisfactory way to prepare coffee is by the French Drip method. This is where boiling water is strained through the ground coffee. A good French Drip Pot can usually be obtained in any store carrying kitchen utensils.

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Although the French Drip Method is the best, very good coffee can be prepared by either of the following methods:

BOILING

In an ordinary coffee pot or saucepan, put the desired amount of ground coffee and add water; bring to a boil, then take from the fire. It is most important to do this for continued boiling causes the flavor or aroma to escape and leaves a drink that is bitter and unsatisfactory. A dash of cold water added at the time the coffee is removed from the fire helps to settle the grounds and clarify the liquid.

STEEPING

In this method follow the same procedure as in boiling except that instead of bringing the coffee to a boil, pour boiling water over the ground coffee. After the water has been added, stir thoroughly and then allow to stand for at least fifteen minutes on a part of the stove where it will keep warm without boiling. This will permit the full extraction of flavor and strength and allow the grounds to settle.

o o o

In any method of making coffee the following rules must be conscientiously adhered to:

Do not guess at proportions, but carefully measure both coffee and water. Usually a heaping tablespoon of coffee to each cup of water will be found to produce the best results.

o o o

Do not allow coffee to stand too long after making, serve fresh.

o o o

If coffee is not to be consumed black, it is desirable to serve fresh cream with it if possible.

o o o

It is of great importance that utensils should be kept scrupulously clean, and to accomplish this a regular cleansing with a solution of boiling water, washing soda and ammonia, will be found most effective. It is a good rule to do this once a month as it will remove the coffee oil that adheres to the lining of the utensil, which ordinary washing fails to do.

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The Table
—as it should be set

In the following pages are presented a few suggestions with the hope that they may prove helpful to those who are interested in the effective setting of the table.

The Dinner Table

In the setting of the table, as in all other artistic performances, there are certain defined rules for procedure which should be observed.

It is well that every housewife should have a reasonably intimate knowledge of those fundamental rules, and it is to her, therefore, that we dedicate the authoritative suggestions presented in the following:

Setting the Table

A *"silence" cloth* should always be used under the table cloth to protect the surface of the table, and to muffle the noise.

The *table cloth* should be laid smoothly and evenly on the table. If the table top is finely polished, doilies may be used instead of a table colth for breakfast, luncheon or informal dinners.

Twenty-five or thirty inches is allowed from plate to plate.

Lace doilies should be ararnged on the service plates, and on these should be placed the cocktail glasses for fruit, oysters or

other fish cocktails. The bread and butter plate should go to the left of the place plate, above the forks. On the right of this, with the blade turned in, the dessert knife should be placed, followed in the order mentioned, by the meat knife (fish knife if used), soup spoon and oyster fork.

On the left, nearest the plate, is the dessert fork, followed by the salad fork, meat fork and fish fork. This rule can best be remembered by observing that the silver is laid in the order of its use from the outside toward the plate.

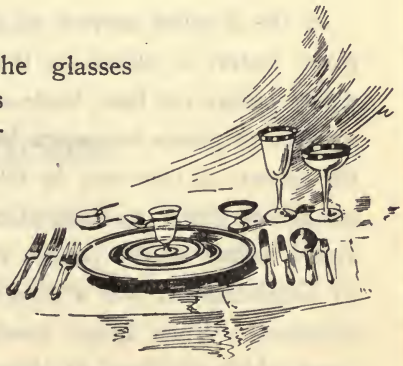
The napkin should be placed at the left of the silver, with the fold at the top, the open edges at the right toward the edge of the table.

The number of glasses used will be determined by the kind of beverages to be served. There are special glasses for nearly every kind. The water goblet is always essential.

Individual Cover for Dinner

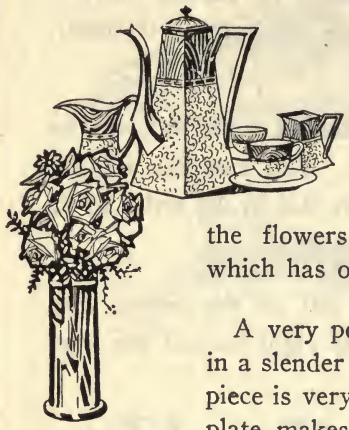
Consists of plates, glasses, silver and napkin to be used by one person.

Any graceful arrangement of the glasses on the right at the head of the knives is proper. An individual salt seller and spoon to the left, with an individual almond dish on the right, completes each place.



Salt and pepper shakers may be used if desired. They should be so arranged that they will be conveniently accessible to all guests.

The Table Decorations



The arrangements of flowers is always one of personal taste. Complete color schemes and original decoration ideas are frequently fully carried out in flowers. The color schemes to be used are generally determined by the season, the flowers available and frequently by the event which has occasioned the dinner.

A very popular custom is to place a single flower in a slender vase at each place. A low, green, centerpiece is very pleasing. A single rose laid beside each plate makes an effective decoration.

Methods of Serving

There are three recognized methods of serving a meal — the English, the Russian and the Compromise. The Russian is more formal than the English and the Compromise combines points from both.

In the English service all the food that is to be served in any given course is placed on the table in platters and other suitable dishes before the host, hostess or some member of the family. The number of plates necessary for the persons seated is placed before the carver, or they may be taken one by one from a side table and set before him. As each plate receives its portion the waiter carries it either to the person serving another article of food, such as vegetables, or sets it directly before the person for whom it is intended. When finger bowls are used, a plate bearing a doily upon which the bowl is placed should be placed in front of each person.

We Specialize in Table Decorations — Albert Burts' "Palace of Flowers"

In the Russian service serving is done from the serving table or pantry. With the exception of candies, nuts and relishes, food is not placed on the table except as it is served to the individual. A portion of the main dish of the course and possibly one accessory are placed on each plate before it is brought from the pantry. All other dishes are passed.

Sometimes the plates are all set down empty and the food is passed on daintily garnished platters. As the plates of one course are removed the plates of the next course should be immediately set in place. The table should at no time be without plates except that between the main course and dessert all dishes should be removed and the table crumbed.

In the Compromise service portions of courses or the entire courses are sometimes served on the table in the English way and others are passed as in the Russian service. The soup, for instance, may be served in individual plates from the pantry and meat carved at the table by the host, the vegetables and the salad course both passed by the maid and the dessert served at the table by the hostess.

The Courses

Oysters on the half shell may be served first, either on luncheon plates, surrounded by cracked ice or on special oyster plates. It is a matter of preference as to whether this is done before or after the guests are seated.

The soup service follows. If the soup is served from the table it should be brought in by the servant in a tureen, with ladle,

Attention, Hubby: Remember, you can still Say it with Flowers
—Albert Burts' "Palace of Flowers"

and placed before the hostess, whose duty it is to serve it. The soup plates are either rimmed or cup-shaped. As each service is rendered the servant takes it from the hostess and passes it to the guests, always serving ladies first.

When the soup is served from the pantry the tureen is dispensed with, the servant bringing in the soup in individual services on a suitable serving tray.

Following the soup service comes the fish course. This requires a specially adapted service, including a long, narrow fish platter, with sauceboat, ladle and fish plates, which should be slightly warmed. The fish platter is either passed from person to person or it may be passed by the servant, and each guest is then expected to serve himself or herself. The sauceboat is not passed until the fish has been completely served.

The service plate may be removed before the roast course, although if removed it should be returned to the table after the roast course for the remaining courses of the dinner.

The meat course which follows, if the English custom is employed, is brought in on a large covered silver platter or on a large china platter. The vegetables also may be brought in in appropriate covered dishes. The meat course is served on large, carefully heated dinner plates.

Where steak is served a heavy wooden steak plank, with silver railing, simplifies the service and is very effective.

With the meat course jello or jelly is frequently served. This is generally prepared in a special mould. These special moulds may be had in original designs to carry out almost any desired decoration.

Vegetables may be served on the same plates, or, preferably, passed in small, deep dishes.

The salad course comes next. It is served on small plates made especially for the purpose.

Appointments, with the exception of the water, beverage glass and dessert knife and fork, are now removed from each place and the table is crumbed.

The dessert service depends upon the dessert. If ice cream is served in individual moulds or brick, flat plates are used; otherwise it is served in deep dishes or in tall, stemmed glasses. An individual ice cream fork or ice cream spoon is used and may be placed on the table at the head of the service plate when the table is set, or it may be given with the course at the time of ice cream service.

If the dessert consists of a frappe or a similar delicacy it should be served in a comport or tall, stemmed glass. If the heavier desserts, such as pie or pudding, dessert plates should be used.

According to the English custom, it is perfectly permissible for pie to be served by the hostess at the table. In this event the pie plate is placed in a container with a silver railing or gallery.

Small plates containing crackers and cheese are now served, being placed conveniently at several places on the table. Then follows the after-dinner black coffee or demi-tasse. The coffee should be served from a china or silver coffee pot by the hostess and should be passed to each person by a servant.

Finger bowls of glass or metal, standing on a plate to match or otherwise, are now placed before each guest.

Special Decorations

The setting of the table offers almost unlimited scope for the expression of the individuality of the hostess.

There can be no cut and dried rule as to table decoration. This is entirely a matter for the originality of the hostess or the caterer.

It is possible to create very effective settings without extravagant cost if some definite idea is first outlined and then suggested by the decoration.

By way of suggestion, very clever table settings may be accomplished, using special occasions, special days or original ideas as motives. For instance, betrothal announcements, showers, weddings, the recurrent anniversaries, birthdays, commencements, and other such events offer unlimited possibilities for original expression.

The West, with its romance, its scenic charms, and the beautiful colorings offered in the variety of its fruits and flowers, together with the ever-artistic and sentimental old mission effects, affords a wide field for decorative fantasies.

There are also many patriotic days — Washington's Birthday, Lincoln Day, Independence Day, Decoration Day, and, of course, the good old holidays — St. Valentine's Day, Easter, Hallowe'en, Thanksgiving, Christmas, New Year's Day — each presenting its individual opportunities for effective table decoration.

Other beautiful decoration schemes may be carried out by the use of maline and the liberal use of flowers, either in solid colors or in contrasting shades. For this purpose we suggest the many unusual flower centerpieces.

Children's parties are also very susceptible to very clever table decoration. The ages of the children to be entertained, the occasion of their entertainment, and their particular inclinations, influence to an important degree the character of the decorations.

We Specialize in Table Decorations — Albert Burts' "Palace of Flowers"

When Dinner is Announced

The host, with his partner, leads the way to the dining room. At the table, cards are placed at each cover showing the seating arrangement. Each gentleman draws out the lady's chair, waits until the host and ladies are seated then seats himself.

Order of Seating and Serving People at Table

The guest of honor, if a man, should be seated at the right of the hostess, if a woman, at the right of the host.

The order of serving is very largely a matter of individual inclination.

All the women may be served before the men, beginning with the hostess or guest of honor.

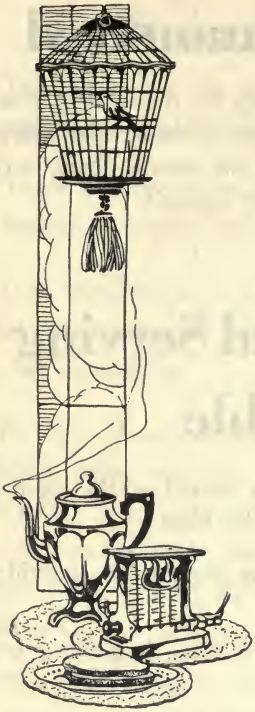
Or the guest of honor or the hostess may be served first and then the next person, irrespective of whether man or woman, continuing thus around the table. It is advisable to serve one course around the table to the right and the other around the table to the left, so that the courtesies may be equally divided.

When the hostess is served first it enables her to judge as to whether the dish is properly served and provided with necessary accessories.

Individual Cover

for Luncheon

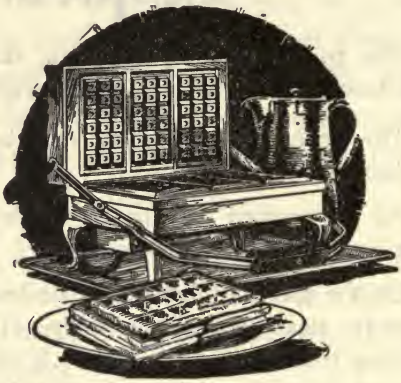
The illustration shows the setting for the serving of the meat course, also the position of the coffee cup, which should be placed after the remainder of the course has been served.



For Breakfast

The development and the use of electricity for table appliances has added wonderfully to the delights of breakfast serving. The electric toaster makes the toast right at the table, thus insuring economy and adding to the delight of the toast itself.

The coffee likewise is made in the electric percolator, and even the bacon and eggs may be shirred on the electric grill.



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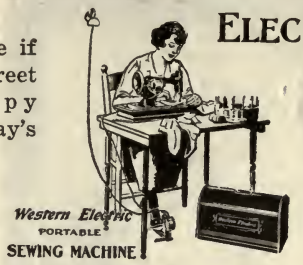
Cover for Breakfast

On the tray are three pitchers, the smallest for cream, next in size for milk and the largest for hot water, which is provided to heat the cups.

Before the coffee is served the water is poured into each cup, from which it is emptied into the bowl, which is also on the tray.

He will love you more if you are able to greet him with a happy smile after a day's work.



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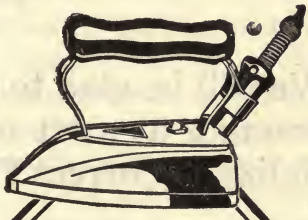

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Table Etiquette

Whether it be a family dinner without guests or a formal occasion, a man shows courtesy and breeding by waiting until the ladies have been seated. At a luncheon or dinner a woman waits politely until her hostess is seated, and a young girl does not take her place until each older woman has taken hers.

PROPER SEAT AT TABLE

One should sit erect, and neither lounge nor bend forward while eating. A seat drawn too closely throws out the elbows, one too far away crooks the back. The proper compromise is a position in which the waist or chest is about eight inches from the table.

While at the table it is not considered good manners to put one's elbows on the table, to trifle with the knives and forks, or to clink the glasses. When not occupied, the hands should lie quietly in the lap, for nothing so marks the well-bred gentleman or lady as repose at the table.

USE OF NAPKIN

This must not be spread out to its full extent over lap or chest, and none but the vulgarian tucks his napkin in the top of his waistcoat. To unfold it once and lay it across the knees is sufficient. At the conclusion of a meal in a restaurant or at the table of a friend it is not necessary to diligently fold the square of linen in its original creases and lay it by the plate. Since the napkin will not be used again until it is washed, it is sufficient to place it unfolded on the table when arising. This rule is not followed when visiting for a few days in a friend's house. Then the guest should do as the host and hostess do, for not in every household is a fresh napkin supplied at every meal.

KNIFE AND FORK

The knife is invariably held in the right hand and is used exclusively for cutting and never for conveying food to the mouth. The fork is shifted to the right hand when the knife is laid aside, and save for small vegetables, such as peas, beans, etc., it is not used spoonwise for passing food to the mouth.

It is an evidence of careless training in table manners to mash food in between the prongs of the fork, to turn the concave side of the fork up and, loading it with selections from different foods on the plate, to lift the whole, shovelwise, to the mouth.

No less reprehensible is it to hold knife and fork together in the air when the plate is passed up to the host or hostess for

another helping, or, when pausing in the process of eating, to rest the tip of the knife and fork on the plate's edge and their handles on the cloth. When not in active service both these utensils must remain resting wholly on the plate, and at the conclusion of a course they should be placed together, their points touching the center of the plate, their handles resting on the plate's edge.

Not only fish, meats, vegetables and made dishes, melons and salads, as well, are eaten with a fork. Oysters and clams, lobster, crab and terrapin are fork foods. It is a conspicuous error in good manners to cut salad with a knife. Lettuce leaves are folded up with the fork and lifted to the mouth.

USE OF THE SPOON

Never allow a spoon to stand in a coffee, tea or bouillon cup while drinking from it. For beverages served in cups and glasses it is enough to stir the liquids once or twice, to sip a spoonful or two to test the temperature and then, laying the spoon in the saucer, to drink the remainder directly from the cup. To dip up a spoonful of soup and blow upon it in order to reduce the temperature is a habit that should be confined to nursery days. Soup should be dipped up with an outward motion, never by drawing the spoon toward one.

Liquids are imbibed from the side, not the end, of the spoon.

The foods eaten with a spoon are grape fruit and its cousins, small and large fruits when served with cream, hot puddings and custards, jellies, porridges and preserves and hard or soft-boiled eggs.

USE OF FINGER BOWL

A finger bowl is the necessary adjunct to a fruit course. The bowl, half filled with water, is set upon a plate, on which a small doily lies. Unless a second plate is served with the fruit, that on which the bowl of water stands is intended to receive it. Then the bowl and doily must be removed slightly to one side and the former placed upon the latter. When the fruit is finished each hand in turn must be dipped in the water, not both together, as though the bowl were a wash basin. A little rubbing together of the finger tips, without stirring up or splashing the water about, cleanses them thoroughly and they must be dried with the napkin on the knees.

NOISELESS AND DELIBERATE EATING

To eat slowly and quietly is an evidence of respect for one's health and personal dignity. Only the underbred or uneducated bolt their food, strike their spoon, fork or glass rim against their

teeth, suck up a liquid from a spoon, clash knives and forks against their plates, scrape the bottom of a cup, plate or glass in hungry pursuit of a last morsel, and masticate with the mouth open, pat the top of a pepper pot to force out the contents and drum on a knife-blade, in order to distribute salt on meat or vegetables.

Conversation and small mouthfuls are aids to digestion and it is a useless and ugly exertion to smack the lips together when chewing food.

Individaul salt cellars are commonly used today. A well-arranged dinner, breakfast or luncheon table is provided with one between each two covers. A helping from one of these should be taken with the small salt spoon which lies across or beside it and placed on the edge of the plate, not upon the cloth beside the plate. To thrust one's knife point into the salt dish is vulgar in the extreme. When distributing salt upon food, do not take a pinch between thumb and forefinger; a little taken up on the knife's point, or whatever will adhere to the fork prongs, is enough to savor the whole of any helping of food on the plate.

A last and elusive morsel of food should never be pursued about a plate and finally pushed upon a fork by the assisting touch of a finger. A bit of bread may be utilized for this purpose or, better still, the knife if it is at hand.

A mouthful of meat, vegetable or dessert should never be taken up by a fork or spoon and held in midair while conversation is carried on. As soon as food is lifted from the plate it should be put into the mouth.

ACCIDENTS AT TABLE

Mishaps happen even to the most careful person. When, however, anything flies from the plate or lap to the floor, one should allow the servant to pick it up. Should grease or jelly drop from the fork to one's person, then to remove it with the napkin corner is the only remedy.

Very often, however, the apparently well-conducted gentleman or lady, when such an accident befalls, gravely wipes his or her knife on a bit of bread or the plate's edge and headfully scrapes away the offending morsel. This is decidedly the wrong way to do it, just as it is a bad error thoughtfully to scrape up a bit of butter or fragment of fowl from the tablecloth where it has fallen beside the plate. At the family board this is well enough, but at a restaurant or a friend's table it is bad manners.

If an unfortunate individual overturns a full water glass at a dinner table, profuse apologies are out of place. To give the

hostess an appealing glance and say, "Please forgive me; I am very awkward," or "I must apologize for my stupidity; this is quite unforgiveable," is enough.

Should a cup, glass or dish be broken through carelessness, then a quick, quiet apology can be made and within a few days sincere repentance indicated by forwarding to the hostess, if possible, a duplicate of the broken article and a contrite little note.

A serious and unpleasant accident is that of taking into the mouth half-done, burning hot or tainted foods. The one course to pursue, if it cannot be swallowed, is quickly and quietly to eject the morsel on the fork or spoon, whence it can quietly be laid on the plate. This can be so deftly accomplished that none need suspect the state of affairs.

FOODS EATEN WITH THE FINGERS

At luncheon, breakfast, high tea or supper a small plate and silver knife lie beside the larger plate and on this the breads offered must be laid—not on the cloth—and the small silver knife—not the large, steel-bladed ones—used for spreading the butter. At dinners the roll in the napkin is taken out and laid on the cloth at the right beside the plate. Never bite off mouthfuls of bread from a large piece nor cut it up. Break it as needed in pieces the size of a mouthful, spread on a bit of butter, if that is provided, and so transfer with the fingers to the mouth.

Crackers are eaten in the same way. Celery, radishes, olives, pickles, salted nuts, crystallized fruits, bon bons and raw fruits (save berries, melons and grapefruit), artichokes and corn on the cob are all eaten with the fingers.

Cake is eaten like bread, or with a fork.

Peaches are quartered, the quarters peeled, then cut in mouthfuls and these bits transferred with the fingers to the lips. Apples, pears and nectarines are similarly treated. Plums, apricots, grapes, etc., if small enough, are eaten one by one and when the pits are ejected they are dropped from the lips directly into the half-closed hand and so transferred to the plate.

Burr artichokes are broken apart, leaf by leaf, the tips dipped in sauce and lifted to the mouth. The heart is cut and eaten with a fork.

Cheese is cut in bits, sometimes placed on morsels of bread or biscuit and lifted in the fingers to the lips, but more often eaten with a fork.

Oranges, like green corn on the cob, are hardly susceptible of graceful treatment unless served in halves and eaten with a spoon. An orange may be cut into four pieces, the skin then easily drawn off, the seeds pressed out, and each quarter severed twice, forms a suitable mouthful. Deliberately to peel and devour an orange, slice by slice, is a prolonged and ungraceful performance.

Is it necessary to reiterate the warnings of most all writers on etiquette that chicken, game and chop bones may under no circumstances be taken up with the fingers?

Whoever is so unskillful as to fail to cut the larger part of the

meat from chop and fowl bones must suffer from their inadeptness and forego the enjoyment of these tempting morsels.

Asparagus is not taken up in the fingers. All that is edible of the stalk can easily be cut from it with a fork. The sight of lengths of this vegetable dripping with sauce and hoisted to drop into the open mouth is not in keeping with decent behavior at the modern dinner table.

THE SECOND HELPING

At a large and formal dinner party, elaborate luncheon or ceremonious breakfast, a guest, no matter how intimately associated with the host or hostess, should not ask for a second helping of any of the dishes. At a small dinner party, when a guest is a rather intimate friend of host or hostess, the request for a second helping to a dish is accepted by the hostess as a compliment. At a formal dinner neither the host nor hostess should delay the progress of the courses by asking anyone to taste again of a dish that has been passed, but at a small dinner or a family dinner it displays a hospitable solicitude when a hostess invites her guests to take a second helping. At a small dinner party she could do this by directing the servant to pass the dish again to everyone at table, or, when herself helping an entree, salad or dessert, requesting her guests to accept a second serving of the dish before her. The host who carves does well to offer a little more of the meat to those who he sees have disposed of their first helping. To press a second slice of meat or second spoonful of dessert upon a guest who has politely refused is to exceed the bounds of civility.

A guest is always privileged to ask for a second or third glass of water at a dinner that is formal or informal. This must be done by making the request quietly of the servant when next she approaches the diner's chair.

AT THE CONCLUSION OF A MEAL

When a meal is concluded it is most reprehensible to push away the last plate used and brush the crumbs on the cloth into little heaps. Leave the last plate in its place, lift the napkin from the lap and lay it on the table's edge, rise slowly and quietly, taking no precaution to push the chair back into place, unless dining at home or informally at a friend's house, where such is the rule. The ladies at a dinner or at the family table make the first motion to leave the table. A gentleman always stands aside to let a lady precede him, and it is only courteous to wait until everyone at a table has finished eating before hurrying away. This rule is, of course, not observed at a boarding house or small foreign hotel, where all the members of a promiscuous household gather at one long board, but it should be scrupulously observed in a private household. In the latter circumstances, when anyone is obliged to leave the table before others have finished, it is but polite to turn to the mother, or whoever occupies the head of the table, and say "Please excuse me," before rising, and "Thank you," when the permission is granted. None but the hopeless provincial and vulgarian uses a toothpick in public after his or her meal.

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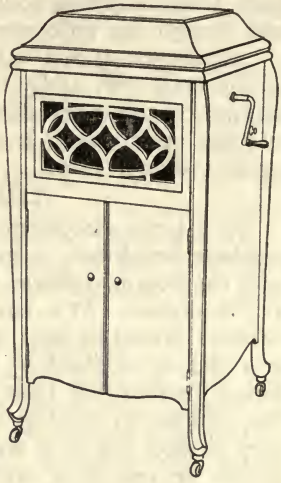

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Housekeeping Notes

CARE OF THE KITCHEN FLOOR

A linoleum covered floor is the most easily kept clean. The hardwood floor is the next best. Anything spilled should be wiped up at once. Grease-spots on wood or stone should be covered with flour, starch or powdered chalk to absorb the grease. Or if you pour cold water on the grease as soon as it is spilled, to harden it, the greater part may then be scraped off. Sweep the floor thoroughly once a day. With care it will not need washing or scrubbing oftener than once a week.

CARE OF HARDWOOD FLOOR

Never use water on a hardwood floor. Wipe it with a cloth moistened with very little kerosene—a teaspoon or two to begin with, and as much more when that has evaporated. Rub hard with another cloth until the wood is perfectly dry. Window sills and all hardwood finish should be cleaned in the same way.

CARE OF OIL CLOTH

Wash oil cloth with warm water and milk. Use one cup of skim milk to one gallon of water. Wipe dry with a clean cloth.

CLEANING PAINT

Take a little whiting on a clean, damp cloth and rub it on the surface to be cleaned. Take care not to let drops of water trickle down the paint. Wash off with a second cloth and clean water. Wipe dry with a third cloth. Clean a little at a time, leaving the cleaned part dry before going on.

CARE OF SINK

Neglect of sink causes bad odors and attracts water-bugs and roaches. Keep it at all times free from scraps. When the dishes have been washed, scour it with a good scouring soap. Wipe the woodwork and tiling. Wash strainer, soap-dish and other sink utensils. Wash the cloth. Scrub the draining-board and rinse the sink. If it is of iron and is to be left for several hours, wipe it dry. If rusty, use kerosene, or grease it with mutton-fat or lard, sprinkle with lime, and leave over night.

CARE OF FAUCETS

Clean brass faucets with flannel dipped in vinegar or lemon juice and rub thoroughly with rottenstone and oil, then polish with a dry cloth, or apply putz pomade or some similar preparation; rub it off with another cloth, and polish with a third one. If the faucets are greasy, wash them with soap-suds or sal-soda solution before using anything else. Nickel faucets and trimmings need only to be wiped.

SPECIAL INSTRUCTIONS

Do not put knife-handles in water. Water discolors and cracks ivory and bone handles, and may loosen wooden ones. After washing knives, scour them with bath brick. Do not wash bread-board or rolling-pin at an iron sink. The iron will leave marks on them. Wash them at the table. Be careful not to wet the cogs of a Dover egg-beater. Wash the lower part, and wipe off the handles with a damp cloth. Water washes the oil from the cogs, making the beater hard to turn. Dry the seams of a double-boiler carefully. Do not waste time polishing tins. It is sufficient to have them clean and dry. Dip glasses into hot water, so that they will be wet inside and outside at the same time. Silver and glass are brightest if wiped directly from clean, hot suds, without being rinsed. A damp towel makes dull spoons and glasses. Scald, i. e., rinse with boiling water, all vessels that have contained milk. Wash teapot and coffee-pot in clean, hot water without soap, and wipe dry. Clean the spout carefully. Let them stand for awhile with covers off. Wash dishpan and rinsing-pan, and wipe dry with a towel, not with the dish-cloth. Where running hot water is plentiful, time and towels can be saved

by placing the dishes as they are washed in a wire rack, rinsing them with very hot water. Wipe glasses and silver. China and other ware will need only a polish with towel or strip of paper toweling. For success with this method, the dishes must be washed in clean, hot suds, and rinsed quickly. If washed in greasy water, or allowed to cool before being rinsed, they will not dry clean. Caution: Gold-decorated china should not be washed in this way. Very hot water may injure it.

REMOVAL OF TARNISH

Acids dissolve tarnish. Oxalic acid, lemon-juice and vinegar may be used. But, except for spots, it is best to rely mostly upon powders in cleaning metals. A chemical that removes the tarnish may attack the metal. For example, any chemical that brightens zinc, eats into it. If acid is used on any metal, all traces of it must be removed by rubbing with powder, or the tarnish will quickly reappear. Oil or water, mixed with the powder, forms a paste easy to apply. Use chamois-skin or soft cloth for polishing.

TO SCOUR STEEL KNIVES

Scrape off a little bath brick with the back of the knife or with an old knife. Dip a cork in water or oil, and then in the brick-dust. Hold the knife firmly, with the blade resting flat upon a level surface, and rub both sides of the blade with the cork. Wash the knife. Scour steel forks in the same way. Never scour silver-plated knives or forks.

CARE OF ALUMINUM WARE

Aluminum should not be used for vegetables with strong acid or for boiling eggs. These discolor it. Otherwise it needs little care. Never use soda on aluminum. Before using any polish fill with water and bring to a boil. For bad stains use oxalic acid diluted, one teaspoon of acid to two quarts of water. If the stain still remains, rub with a damp cloth dipped in whiting or Dutch Cleanser.

TO CLEAN SILVERWARE

The quickest way to brighten silver is by electrolysis, that is, by decomposing the tarnish by electricity. One device for this purpose is an aluminum pan with cross-bars of tin on the bottom. Fill the pan with water, and for every quart dissolve in it one teaspoon of baking-soda and one tablespoon of salt. The silver must rest on the bars and be covered with the solution. A mild current of electricity is set up, which causes the tarnish quickly to disappear. No rubbing is needed, but embossed silver may need brushing to loosen the tarnish. Rinse in clear water and wipe dry with a soft cloth. The old way is to moisten a soft cloth with water or alcohol, dip it in fine whiting, and apply to the silver. When the whiting has dried, rub if off with another soft cloth, and polish with chamois-skin. To cleanse chasing or ornamental work, use an old tooth-brush. Rub egg-stained spoons and other badly tarnished articles with salt before washing them. The tarnish is not soluble, but with the chlorine in the salt it forms a soluble compound. Powders or cakes sold by silversmiths are good. Patent powders and polishes often remove some of the silver.

REMOVAL OF STAINS

Blood or Meat Juice.—Saturate the stained part with kerosene oil and then dip in boiling water.

Chocolate or Coffee.—1. Stretch the stained part over a bowl and pour boiling water through it. 2. Rub with pure glycerine, then wash in soft water. Do not use soap, as this will fix the stain.

Candle Wax (colored).—Place blotting paper, French chalk or white talcum powder on each side of stain and apply a warm iron. Brush out chalk or powder and remove color by sponging with alcohol or ether.

Fruit.—Use boiling water and salts of lemon, or boiling water and oxalic acid. Pour through stained part which is stretched over a bowl.

Grass.—1. Soak the stain in alcohol and rub. 2. Wet with cold water and rub cream of tartar in well, then wash out.

Grease.—Stretch stained part over a firm pad of toweling or other absorbent goods and rub with any of the following applied with woolen cloth: Turpentine, benzine, ether or chloroform.

Ink.—Dampen in cold water, dip in a solution of boiling oxalic acid (two teaspoons oxalic acid in one glass of water), rinse and wash in soap solution.

Iron Rust.—Moisten stain with ammonia, then apply salts of lemon or oxalic acid; after effervercence appears, dip in boiling water.

Mucus (Handkerchiefs).—Soak in salt water (two tablespoons to one quart of water), wash out and boil.

Machine Oil.—1. Soak in cold water, then wash out with soap. 2. Soak in cold water and borax, then wash.

Milk.—Wash in cold water, then warm water and soap.

Perspiration.—Immerse in soap solution and set in sunshine for several hours.

Scorch.—Soft water and strong sunshine will remove a slight scorch.

Shoe Stains on White Stockings.—Soak in a solution of oxalic acid, then wash out in ammonia water.

Tea.—Cover stain with common salt, cover with lemon juice and set in sunshine.

Vaseline.—Place two thicknesses of blotting paper beneath stain, and moisten with benzine. Cover with two thicknesses of blotting paper and press with a warm —not hot—iron. Use care in working with benzine, as it is inflammable.

Egg.—Cold water, followed by hot water and soap, as in ordinary laundering.

Ice Cream.—Sponge the stains thoroughly with water, followed by agents used in removing grease spots.

Iodine.—Unstarched Materials: Sponge the stain with diluted ammonia. Then sponge with alcohol (if you can get it). Starched Materials: Soak the stains in diluted ammonia until they disappear, or boil the stained material for five or ten minutes.

Leather.—Use an abundance of soap with thorough rubbing and proceed as in ordinary laundering.

Removing Gum.—If the small son or daughter gets chewing gum on the best frock or suit, simply go over the gum with gasoline. It will crumble and can be brushed off.

Paints.—Sponge the stains with pure turpentine. If stains are not fresh, soften by moistening with ammonia and sprinkling with turpentine. Roll articles up for fifteen minutes, then wash in warm water and soap.

Water Color.—Dip stained portion in gasoline and rub vigorously.

Salad Dressing.—Soap and lukewarm water for washable materials.

Soot.—First brush the stain, then place on absorbent powders such as Fuller's earth, French chalk, cornstarch, corn meal or salt; work around until they become soiled and brush them away. Then wash or sponge the stain.

Tomato Stain.—Wash stains carefully, then moisten with lemon juice and expose to sun for several days. Sponge the stain with alcohol, which removes the green part of the stain. This is good for stains on wool or silk.

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Household Hints

Mildew in white clothes may be removed by soaking for a short time in a pail of water to which has been added a heaping teaspoon of chloride of lime. Then hang in sun. Repeat if necessary.

When frying potatoes, etc., try chopping with empty baking powder can instead of knife. You will find it much more handy and quicker.

Try greasing cake and bread pans with a small, five-cent paint brush. Keep grease in round tin can; cut hole in cover and insert handle of brush when not in use. It is then always ready for use and does not soil the hands.

To prevent cake from burning when using new tins, butter the new tins well and place them in a moderate over for fifteen minutes. After this the cake may be cooked in them without danger of burning.

When ironing with gas, place a lid of the coal stove over the gas burners and place the irons over this. The irons will always be clean and heat much better than if they are put directly over the gas flame.

To clean plaster of paris figures, use toilet soapsuds and a shaving brush. Rinse well. Dipping them in a strong solution of alum water will give them the appearance of alabaster.

To preserve gilt frames, cover them when new with a coat of white varnish. All specks can be washed off with water without injury.

To keep lemons, put them in water. Change once a week. Will keep a long time.

Try—

FLEISCHMANN'S YEAST

For Your Health's Sake

DO YOU KNOW—

That a small piece of butter added to the water prevents vegetables, macaroni or rice from boiling over?

That the water from macaroni or rice after they have been cooked should be saved for soup and gravies?

That a teaspoon of vinegar added to boiled meat, while cooking, makes the meat tender?

That after peeling onions if celery salt is rubbed over the hands before washing the odor will disappear?

That if you add a pinch of salt to ground coffee before boiling it will improve the flavor?

That if kid gloves are rubbed gently with bread crumbs after each time they are worn they will remain clean much longer than otherwise?

That a poultice made of tobacco and warm water, put between two cloths and placed over the breast and pit of the stomach will relieve convulsions when nothing else will? It will do no harm.

That any one who has aching feet, if the feet are placed in kerosene for about ten minutes each day will receive the greatest relief? If used regularly for a month is said to cure all corns and callous places on the feet. Will not blister or do any injury.

To relieve burns get a small bottle of picric acid and with a feather paint the burned or scalded parts, allowing it to dry. In a few minutes all the pain will be gone and you will never feel it again. Where the burns are very severe more than one application is sometimes necessary. This is an invaluable remedy, especially where there are children in the home, for they are getting burned continually.

There is nothing better than sulphur tea for the hair. It cures dandruff, promotes the growth, makes the hair soft and glossy and is very good to keep the hair from turning gray.

The whitish stain left on a mahogany table by a jug of boiling water or a very hot dish may be removed by rubbing in oil and afterward pouring a little spirits of wine on the spot and rubbing it dry with a cloth.

Wash your weathered oak woodwork and furniture with milk.

To rid your home of ants mix thoroughly two parts borax with one part powdered sugar and put around where the ants come. For two or three days the ants will come in swarms, but after that they will disappear. Leave the powder around for a week or two and you will never be bothered again with ants.

If food becomes slightly burned in cooking, set the saucepan in cold water and it will take away burned taste.

That silk stockings should be washed in water which is only warm, not hot? A soap solution is better for them than rubbing the soap itself on. Squeeze them out; don't wring them.

That you can brighten your home, furniture, wickerware, chairs, floors, etc., with FULLER'S PAINTS and VARNISHES? (See page 14.)

That SUNSHINE MARSHMALLOWS are better than cream when used with acid fruits, as they will not curdle?

Weights and Measures

1 cup, medium size.....½ pt. or ¼ lb.
4 cups, medium size, of flour weigh 1 lb.
1 pint flour weighs.....½ lb.
1 pint white sugar weighs..... 1 lb.
2 tablespoons of liquid weigh.... 1 oz.
8 teaspoons of liquid weigh..... 1 oz.
1 gill of liquid weighs..... 4 ozs.
1 pint of liquid weighs.....16 ozs.

HOW TO MEASURE AN OUNCE

Housekeepers are often confused by the mingling of weights and measures in a recipe, therefore an accurate schedule is a good thing to have around. The following of the most generally used articles will be found correct:

1 oz. granulated sugar equals 2 level teaspoons.
1 oz. flour, 4 level teaspoons.
1 oz. butter, 2 level teaspoons.
1 oz. ground coffee, 5 level tablespoons.
1 oz. cornstarch, 3 level tablespoons.
1 oz. thyme, 8 level tablespoons.
1 oz. grated chocolate, 3 level tablespoons.
1 oz. pepper, 4 level tablespoons.
1 oz. salt, 2 level tablespoons.
1 oz. mustard, 4 level tablespoons.
1 oz. cloves, 4 level tablespoons.
1 oz. cinnamon, 4½ level tablespoons.
1 oz. mace, 4 level tablespoons.
1 oz. curry, 4 level tablespoons.
1 oz. chopped suet, ¼ of a cup.
1 oz. olive oil, 2 tablespoons.

TABLE OF MEASURES

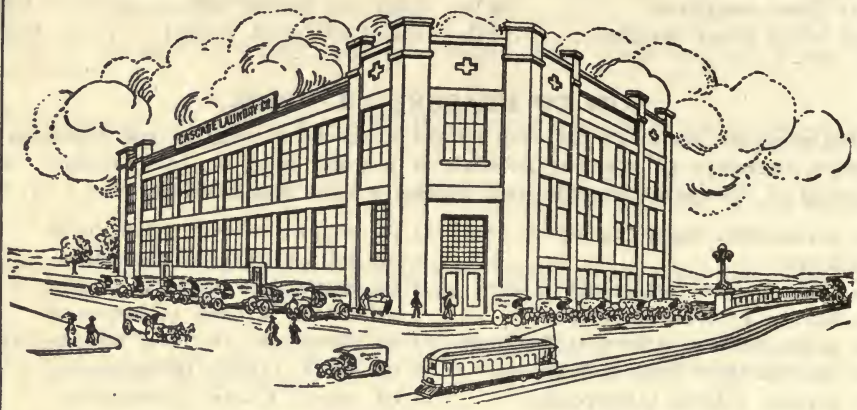
60 drops .....equals 1 teaspoon
3 teaspoons .....equals 1 tablespoon
4 tablespoons .....equals ¼ cup
1 cup.....equals ½ pint
1 round tablespoon butter.equals 1 oz.
1 solid cup butter, granulated sugar, milk, chopped meat.....equals ½ lb.
2 cups flour .....equals ½ lb.
9 large eggs.....equals 1 lb.

TABLE OF PROPORTIONS

1 cup liquid, 3 cups flour for bread.
1 cup liquid, 2 cups flour for muffins.
1 cup liquid, 1 cup flour for batters.
1 teaspoon soda to 1 pint sour milk.
1 teaspoon soda to 1 cup molasses.
¼ teaspoon salt to 1 quart custard.
1 teaspoon salt to 1 quart water.
⅛ teaspoon salt is a pinch.
¼ square inch pepper is a shake.

Remember that all cup and spoon measures mean full, except where fractions are given.

CASCADE LAUNDRY COMPANY



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Time Tables

BAKING BREAD, CAKES, PUDDINGS, ETC.

Loaf Bread .....40 to 60 minutes
Rolls, Biscuit .....10 to 20 minutes
Graham Gems .....30 minutes
Gingerbread .....20 to 30 minutes
Sponge Cake .....45 to 60 minutes
Plain Cake .....30 to 40 minutes
Fruit Cake .....2 to 3 hours
Cookies .....10 to 15 minutes
Bread Pudding .....1 hour
Rice and Tapioca.....1 hour
Indian Pudding .....2 to 3 hours
Plum Pudding .....2 to 3 hours
Custards .....15 to 20 minutes
Steamed Brown-Bread .....3 hours
Steamed Puddings .....1 to 3 hours
Pie-crust .....about 30 minutes
Potatoes .....30 to 45 minutes
Baked Beans .....6 to 8 hours
Braised Meat .....3 to 4 hours
Scalloped Dishes .....15 to 20 minutes

BAKING MEATS

Beef, Sirloin, rare, per lb..8 to 10 minutes
Beef, Sirloin, well done, per lb.12 to 15 m
Beef, rolled, rib or rump, per lb.12 to 15 m
Beef, long or short, filet.20 to 30 minutes
Mutton, rare, per lb.....10 minutes
Mutton, well done, per lb....15 minutes
Lamb, well done, per lb.....15 minutes
Veal, well done, per lb.....20 minutes
Pork, well done, per lb.....30 minutes
Turkey, 10 lbs. wt.....3 hours
Chickens, 3 to 4 lbs. wt...1 to 1½ hours
Goose, 8 lbs. .....2 hours
Tame Duck .....40 to 60 minutes
Game Duck .....30 to 40 minutes
Grouse, Pigeons .....30 minutes
Small Birds .....15 to 20 minutes
Venison, per lb.....15 minutes
Fish, 6 to 8 lbs.; long, thin fish..1 hour
Fish, 4 to 6 lbs.; thick Halibut...1 hour
Fish, small .....20 to 30 minutes

FREEZING

Ice Cream .....30 minutes

FRYING

Croquettes, Fish Balls.....1 minute
Doughnuts, Fritters .....3 to 5 minutes
Bacon, Small Fish, Potatoes....2 to 5 m.
Breaded Chops and Fish..5 to 8 minutes

BROILING

Steak, 1 inch thick.....4 minutes
Steak, 1½ inch thick.....6 minutes
Small, thin Fish.....5 to 8 minutes
Thick Fish .....12 to 15 minutes
Chops broiled in paper..8 to 10 minutes
Chickens .....20 minutes
Liver, Tripe, Bacon.....3 to 8 minutes

BOILING

Coffee .....3 to 5 minutes
Tea, steep without boiling....5 minutes
Corn Meal .....3 hours
Hominy, fine .....1 hour
Oatmeal, rolled .....30 minutes
Oatmeal, coarse, steamed.....3 hours
Rice, steamed .....45 to 60 minutes
Rice, boiled .....15 to 20 minutes
Wheat Granules .....20 to 30 minutes
Eggs, soft boiled.....3 to 6 minutes
Eggs, hard boiled.....15 to 20 minutes
Fish, long, whole, per lb..6 to 10 minutes
Fish, cubical, per lb.....15 minutes
Clams, Oysters .....3 to 5 minutes
Beef, corned and a la mode..3 to 5 hours
Soup Stock .....3 to 6 hours
Veal, Mutton .....2 to 3 hours
Tongue .....3 to 4 hours
Potted Pigeons .....2 hours
Ham .....5 hours
Sweetbreads .....20 to 30 minutes
Sweet Corn .....5 to 8 minutes
Asparagus, Tomatoes, Peas..15 to 20 m.
Macaroni, Potatoes, Spinach, Squash,
Celery, Cauliflower, Greens.20 to 30 m.
Cabbage, Beets, young..30 to 45 minutes
Parsnips, Turnips .....30 to 45 minutes
Carrots, Onions, Salsify.30 to 60 minutes
Beans, string and shelled...1 to 2 hours
Puddings, 1 qt., steamed.....3 hours
Puddings, small .....1 hour

These recipes are extraordinary and have been thoroughly tested and are contributed by the

SUNSHINE CANDY COMPANY OF SPOKANE

HOW TO USE SUNSHINE MARSHMALLOWS

Serve a SUNSHINE Marshmallow in Cocoa, Chocolate and Coffee. Toast them at the fire or munch them plain.

WITH SWEET POTATOES

Boil potatoes until done. Peel while hot, season with butter, mash, put in casserole and cover with SUNSHINE MARSHMALLOWS and set in hot oven for a few minutes.

STUFFED PRUNES

Take large prunes, stew until done, pit and stuff with SUNSHINE MARSHMALLOWS and serve with whipped cream.

MARSHMALLOW CORNSTARCH PUDDING

Make cornstarch pudding as usual; add chopped nuts or grated pineapple if desired; put SUNSHINE MARSHMALLOWS in serving dish and pour hot pudding over them. Let stand until set.

MARSHMALLOW PUDDING

Melt SUNSHINE MARSHMALLOWS in double boiler; add equal part whipped cream; stir in nut meats; pour in serving dish or mold. Let stand until pudding sets.

MARSHMALLOW APPLE PIE

Take good cooking apples; peel and cut as usual; put in pie with no top crust; bake in slow oven, the slower the better; when done, cover with SUNSHINE MARSHMALLOWS and let set in oven for a few minutes.

MARSHMALLOW GINGERBREAD

Make gingerbread; split while hot; add SUNSHINE MARSHMALLOWS between the layers; cut into squares and serve with whipped cream.

SUNSHINE MARSHMALLOWS

And Acid Fruits, such as Rhubarb, Gooseberries, Raspberries, Etc.

Pour the sauce when hot over the marshmallows; let set until cold, then serve. SUNSHINE MARSHMALLOWS are better than whipped cream for acid fruits, as they will not curdle.

SUNSHINE MARSHMALLOWS are sold fresh, so don't accept any other.

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